

CAMP LEADERS

✓ Reference
Manual

FOR SUMMER CAMPS
OF THE
CHICAGO COUNCIL
BOY SCOUTS OF AMERICA
1940

PREPARED FOR

WILDERNESS CAMP

of the
OWASIPPE SCOUT CAMPS
CHICAGO COUNCIL, BOY SCOUTS OF AMERICA

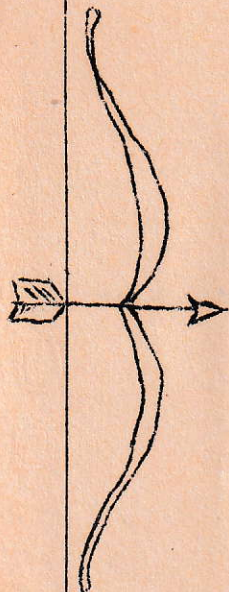
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Note: First 25 pages regular Leader's Manual - Second Book Wilderness Manual

OWASIPPE

ADVENTURE FUN FELLOWSHIP




OUR AIM

TO DEVELOP EVERY SCOUT
PHYSICALLY-MENTALLY-MORALLY

Through a Program that is fun and Adventure to him ...

By the influence of our personal example and Assisting
Troop Leadership to carry out the following Program:

EVERY SCOUT



At Home in the Water
Healthy and Safe
Advancing in Scoutcraft with recognition
Acquiring outdoor hobbies and appreciation
A cooperating citizen in our Scout Community
Developing Skills
The Leader of Himself and Others

ALL WITH INDIVIDUAL SELECTION OF PROGRAM PARTICIPATION
ALLOWING PLENTY OF TIME FOR COMPLETE ENJOYMENT

LEADERSHIP

"YOU CANNOT TEACH WHAT
YOU DO NOT KNOW,
YOU CANNOT LEAD WHERE
YOU DO NOT GO."

HERO! SCOUT AGE BOYS ARE HERO
WORSHIPPERS AND THE LEADER THEY CHOOSE
TO EMULATE HAS A RESPONSIBILITY TO
LIVE SO THAT THE BOY MAY REALLY RES-
PECT HIM.

NOT "DO WHAT I SAY", BUT "DO WHAT I DO", should be your motto. Your habits, speech, and every action come under a boy's scrutiny, subconsciously or consciously. Be loyal, and he will be. Be clean in speech, and he will be. Thus you will help a boy become a man of clean character.

THERE ARE TWO OPPOSITE TYPES OF BOY LEADERSHIP:

THERE IS ONE WHICH DRIVES THE BOY to accomplishment by threat of punishment. "Get this merit badge or you go home." This kind of leadership produces only empty achievement. It gives the boy a mere knowledge, but does not help produce a strong character. True, every boy must conform to certain rules or participate in certain program features in order that he may learn cooperation and discipline, but, so far as possible, he should be left free to pursue the line he likes. We learn more when we are doing something we want to do. Once he starts a project, however, the leader should help him "follow through" to completion.

THE OTHER TYPE OF LEADERSHIP is that which permits the boy to do just as he likes, not attempting to check performance or results. This type of leadership forms even poorer habits than the first mentioned.

PREVIOUS TO SCOUT AGE the boys' activities are mostly individualistic. As they reach twelve, most boys develop a strong desire to belong to a gang. The Scout patrol answers this boyhood urge. Every thought in programming while in camp or town should be directed toward this natural gang unit. It is sometimes more difficult to operate than other methods, but it is the one method that will produce the best results in boy development. Through it we can teach him to live with a group, to cooperate and to assume an increasing measure of responsibility and leadership.

LEADERSHIP

LET US TURN TO THE PATROL LEADER as the head of his unit when carrying out camp service details, in the mess hall, and in tent cleanliness. Don't "bawl out" a boy. First talk to his leader, then, if necessary, talk directly to the boy. Work through the Patrol Leader. Why give a leader responsibility, and then withhold authority? Avoid correcting a boy publicly do it in private.

A GOOD TROOP LEADER IS A LEADER OF BOY LEADERS.

AT HOME many boys have someone to pick up after them. In camp, the Scout must learn to take care of himself. Let's teach him how to select what to do. Camp, better than any place else, can teach him to be "community minded", to live with the others and to give and take. A suggestion or a word of advice, may be of great help to some boy who is unable to "mix" or who is somewhat selfish or tends toward braggadocio. There is the method of learning through experience, but it is sometimes expensive. You may be able to help him over the rough spots and do a lot toward shaping his whole life.

IN ALL YOUR DISCIPLINARY MEASURES AND METHODS, JUDGE YOURSELF BY ASKING, - "AM I MAKING THIS BOY SELF-RELIANT?" ESPECIALLY THE BOY WHO IS BACKWARD AND WHO DOESN'T PARTICIPATE IN ACTIVITIES. WE CAN DO MORE IN CAMP TO HELP THESE BOYS THAN ANY OTHER PLACE. LET US TRY IN ALL OUR TRAINING TO CARRY THIS ASSISTANCE INTO THE BOY'S LIFE BEYOND HIS CAMP EXPERIENCE. SCOUTLEADERS WHO ARE INTERESTED IN GOING MORE INTENSIVELY INTO A STUDY AFFECTING THE LIVES AND CHARACTERS OF THEIR BOYS MAY SECURE A LIST OF DESIRABLE AND UNDESIRABLE TRAITS FOUND IN BOYS FROM YOUR CAMP DIRECTOR.

WHEN WE'RE ILL we look for the cause. When a boy's habits need correction, let's do the same and try to find out what has produced the present condition. Then, when we know, we are in a better position to help.

PREACHING AND MORALIZING SHOULD BE AVOIDED. GROUP OPINION YOUR OWN EXAMPLE, AND REASONING ARE SOME OF THE BEST WAYS TO DEMONSTRATE RIGHT FROM WRONG TO A BOY.

LEADERSHIP

JUST AS WE FIND ONE TREE STUBBY and another tall, boys have different abilities and capacities. Let us help set his standard at what he can do, not what we think he ought to do. The pride of achievement should be felt by every boy. By forethought we can produce this feeling without making him a braggart. Watch your boys, a pat on the back may make one boy want to achieve ... the next one may want to tell how good he is.

PLAYING FAVORITES is unfair to the gang and the individual. Watch the boy who plays up to you, - he needs help too. Let no boy shirk his responsibilities. Have an active interest in the doings of every boy, especially those of rather mediocre or even negative personalities.

SCOUTING IS CITIZENSHIP AND CHARACTER BUILDING. TO ACHIEVE THOSE OBJECTIVES IN EVERY BOY SHOULD BE OUR PARAMOUNT CONCERN. THEY ARE AFFECTED BY HANDLING EVERY SITUATION FOUND IN CAMP LIFE IN A WAY WHICH WILL HAVE POSITIVE, NOT NEGATIVE VALUES, AND WHICH WILL HAVE A "CARRY-OVER" INTO LIFE SITUATIONS. LET US TEACH OUR SCOUTS TO LIVE THE SCOUT OATH IN CAMP AND START HABITS WHICH WILL FORM LIFETIME GROOVES ALONG WHICH THEIR LIVES WILL CONTINUE.

"I took a piece of plastic clay
And idly fashioned it one day;
And as my fingers pressed it still
It moved and yielded to my will.

"I came again when days were passed,
That bit of clay was hard at last
The form I gave it, still it bore
And I could change that form no more.

"I took a piece of living clay
And gently formed it day by day
And molded with my power and art
A young lad's soft and yielding heart.

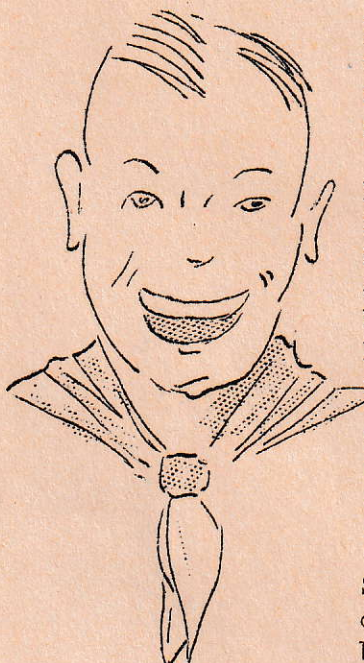
"I came again when years were gone
He was a man I looked upon;
He still that early impress bore
And I could change it nevermore."

THE OWASIPPE WAY



TROOP PARTICIPATION IN EVERY CAMP ACTIVITY IS ONE OF THE BEST MEANS OF KEEPING A HIGH STANDARD OF TROOP MORALE. WHAT THE BOYS DO IS NOT SO IMPORTANT AS THAT THEY ARE DOING SOMETHING WORTHWHILE.

IF THE OPPORTUNITY for membership in the Order of the Arrow is held before the Scouts as a possibility for fellows who show the best camp spirit, it will be of assistance in keeping up the morale. The Troop that is constantly striving to keep its reputation high, has the best morale. If there are any matters relative to the camp administration that are not exactly satisfactory, bring them to the proper staff member or the Director - Don't talk to your boys about them. Be a booster for Owassippe and your Camp. It will pay in the long run.



PREVENT UNPLEASANT CONDITIONS from arising within your unit. Often a word in time or a checkup prevents a serious situation from developing.

FULL UNIFORM is required, if owned, at every retreat, evening mess and inspections, as announced. It is of little concern if the clothing worn by the boys is slightly abbreviated during the balance of the day. Dressing up once a day helps us keep our self-respect.

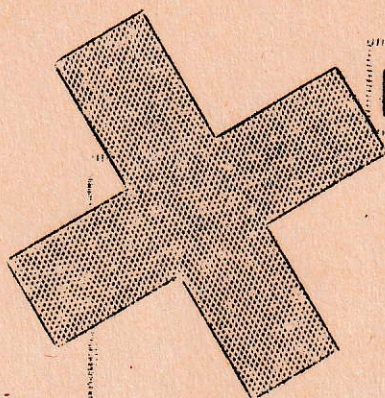
OUR DUTY IS TO SEE THAT THE BOY WHO LEAVES US TO GO HOME, DOES SO WITH AT LEAST THE SAME AMOUNT OF MANNERS AND GOOD HABITS AS HE CAME TO US, AND IF POSSIBLE, MORE.

SMOKING on the part of Scouts, either in or out of camp is taboo. Leader's smoking is to be done in quarters or down the smoke trail. There should be no attempt to hide it, but

THE OWASIPPE WAY

there is no necessity for flaunting it. Practically all of us will agree that we do not want to influence a growing boy to take up the smoking habit.

FIREARMS are not permitted in Camp in the possession of Scouts or Leaders.



HEALTH & SANITATION

THE DOCTOR IS AVAILABLE AT ANY TIME FOR EMERGENCY TREATMENT. GET THE BOYS INTO THE HABIT OF TAKING PROMPT CARE OF THE SLIGHTEST AILMENTS. If the

doctor makes suggestions as to the general health of one of your boys, follow the matter up after camp for the boy's welfare. The most common ailments are constipation, ivy or oak poison, and sun burn. For sunburn, warn your Scouts to take it easy the first day or two, exposing themselves only part of the time. For ivy poison see the doctor or if on a hike make frequent use of alkali soap immediately after exposure.

CONSTIPATION: See that your Scouts report to the doctor if they fail to evacuate at least once every twenty-four hours. Plenty of water, particularly at meal times is helpful. Be Careful! That pain in the stomach may be appendicitis. TROOP LEADERS SHOULD REFRAIN FROM TREATING MEMBERS OF THEIR TROOP EXCEPT IN EMERGENCIES. (THEN, AS SOON AS POSSIBLE, REPORT TO THE DOCTOR).

SUNDAY, a personal inspection of every boy in the camp is made by the doctor and staff. General inspection of the Troop camp as to orderliness of tents, interior and exterior is made daily.

GUARD AGAINST FATIGUING YOUR SCOUTS. They should get at least nine hours sleep each night. The tendency is to permit some special occasion to keep them up late one night, and then the next night some other occasion, etc. Let's not send boys home tired. Right after noon mess there is a period of inactivity in which it is wise to have the Scout seek out something of a quiet nature to do, such as writing, reading or taking a nap, but there should be no organized activity.

THE LATRINES should always be used.

TEETH should be cleaned regularly each morning before mess. Water should be obtained and kept at the Troop camp for this purpose. THESE BUCKETS SHOULD BE RE-

HEALTH & SANITATION

FILLED IMMEDIATELY FOLLOWING USE OF THE WATER.

EACH PERSON should wash body with soap frequently.
Shower baths are provided.

PROGRAM

HERE, IN BRIEF, IS THE CAMP PROGRAM

DAILY		SUNDAY	
7:30 A.M.	RISING	7:30 A.M.	RISING
8:00 A.M.	BREAKFAST	8:00 A.M.	MASS
9:15 A.M.	SCOUTCRAFT OPPORTUNITIES	8:30 A.M.	BREAKFAST
12:15 NOON	DINNER	9:15 A.M.	INSPECTION (PERSONAL AS WELL AS CAMPSITE)
	REST PERIOD, LET'S WRITE HOME	10:00 A.M.	CHURCH SERVICES PROTESTANT JEWISH CHRISTIAN SCIENCE
2:00 P.M.	ACTIVITIES & SCOUTCRAFT	12:15 NOON	DINNER
4:00 P.M.	SWIM	2:00 P.M.	AFTERNOON ACTIVITIES
5:45 P.M.	RETREAT	6:00 P.M.	SUPPER
6:00 P.M.	SUPPER	8:30 P.M.	CAMPFIRE
7:00 P.M.	INDIVIDUAL OR TROOP ACTIVITIES	10:00 P.M.	TAPS
8:30 P.M.	CAMPFIRES, GAMES, STAR HIKES, ETC.		
10:00 P.M.	TAPS		

MORNINGS ARE GENERALLY GIVEN OVER TO SCOUTCRAFT opportunities, afternoons to other activities in addition to Scoutcraft. The Scoutleader should permit the Scout to choose his own activities, but should make sure that he does not attempt to do too little or too much.

AT THE BEGINNING OF THE PERIOD each Scout should fill out a "Declaration of Intention" (copies will be supplied), upon which he lists the Scoutcraft work in which he proposes to participate. By retaining a copy of this information you can check his progress and it will better enable you to guide his participation in these activities.

ONE OR TWO SPECIAL ACTIVITIES are planned for each period, the balance of the program is prepared with the assistance of the Scoutleaders at a meeting held early in the period.

PROGRAM

WHILE AT CAMP YOU WILL WANT TO CONDUCT A FEW EVENTS FOR YOUR OWN TROOP. A Troop campfire, with songs typical of your Troop, stories of Scouts who have attended Owasippe in past years, plans for future progress, make the Troop campfires at Owasippe a memorable occasion. Perhaps you'd like to have a marshmallow roast, apple bake, or some other type of "feed" around the fire ... this can be arranged provided you give at least forty-eight hours notice to the Program Director. An overnight hike, and day hikes to historical and scenic sites should be included in your plans, - there are some interesting places mentioned in this Manual.

And you'll swell the chests of many Scouts when they return in future years and "point with pride" to some camp project upon which they have worked. Many are available ... Check with the Program Director for ideas and approval before starting. Oldtimers will have opportunities to participate in special activities. Consult the Camp Director about these program opportunities.

ALL SCOUTLEADERS WOULD DO WELL TO READ THE SECOND VOLUME OF THE NEW SCOUTMASTERS' HANDBOOK FOR IT IS RICH IN PROGRAM AND HIKING SUGGESTIONS FOR THE TROOP LEADER.

HIKE A MILE

SPILLWAY ... TRADING POST ... AND MANY OTHER INTERESTING NAMES ATTRACT US AND SPELL ROMANCE AND ADVENTURE FOR YOUR SCOUTS ... TAKE THEM HIKING. SEE OWASIPPELAND!

YOUR CAMP HIKEMASTER will be glad to suggest places. Talk to him at least forty-eight hours in advance, whether you plan a day or overnight hike, or an extended trip for your older boys. Then he can arrange food and loan you a few pieces of equipment if needed. There is a limited supply of tents, ground cloths and mess gear. Many Troops bring their own camping equipment. If you have developed your own equipment, bring it to Camp ... there is no better place to brag about your "brain child". And you might be able to pass your pet ideas on to some other leader who wants to create his own Troop's equipment.

FOLLOWING THIS PAGE you will find a map of the trails that are now in existence. Perhaps some of your older boys would like to help build more of them.

COOKING MERIT BADGE REQUIRES THE SCOUT TO PREPARE A MEAL FOR AT LEAST FOUR PERSONS. THIS REQUIREMENT CAN BE COMPLETED ON THE TROOP OVERNIGHT HIKE, HOWEVER, IF THE SCOUT HAS NOT HAD SUFFICIENT PREVIOUS PRACTICE IT MIGHT BE WELL TO PLAN COMPLETION OF THE BADGE IN THE CITY AT SOME FUTURE TIME.

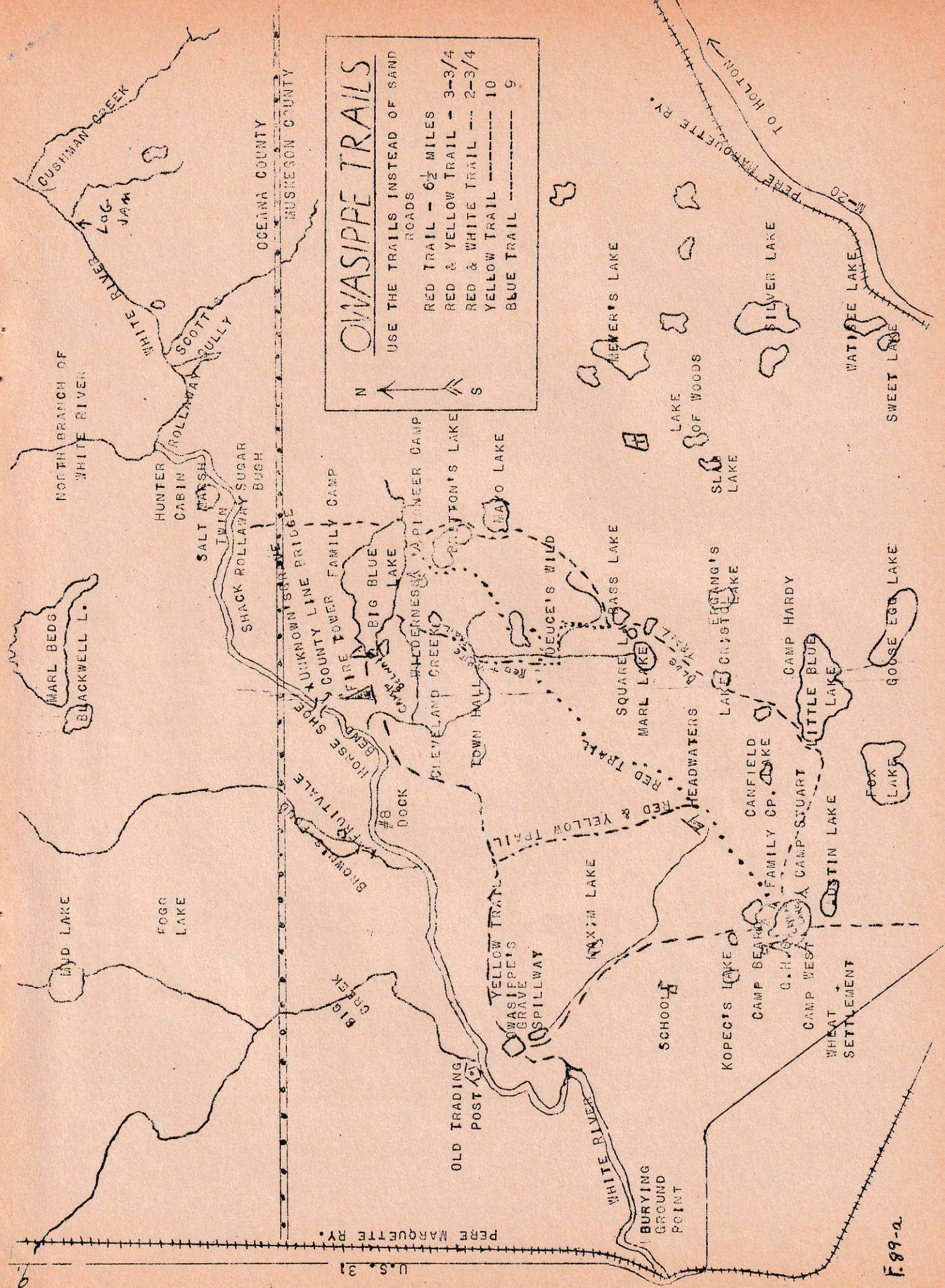
SWIMMING ON HIKES IS PERMITTED ONLY WHEN PERMISSION IS SECURED FROM THE AQUATIC DIRECTOR BEFORE LEAVING CAMP. HE WILL ARRANGE FOR LIFE GUARDS AND WILL TELL WHERE SWIMMING IS BEST WITHOUT HAZARDS.

HERE'S A PARTIAL LIST OF INTERESTING TRIPS

Deserters' Cave
Scott's Gully
Fire Tower
Sugar Bush
Trading Post
Owasippe's Grave
Tamarack Swamp

Deuce's Wild
Little Blue
Spillway
Fossil Pit
Wheat Settlement
Twin Rollaways

40 Acres
Old Mill and Dam Site
Beaver Dam
Unknown's Grave
Bass Lake
3 Old Logging Dams
(Cleveland Creek)



WHO MAY USE ROWBOATS AND CANOES

(These rules apply to Scouts, Scoutleaders, Family Camp and visitors. Please do not ask for exceptions.)

	Rowboat	Canoe
<u>NON-SWIMMER</u> (one who does not swim 50 feet)	May be taken out in a rowboat <u>only</u> by a Senior A.R.C. or a <u>Scout Life Guard</u>	NO
<u>BEGINNER</u> (Can pass Boy Scouts of America Beginner's test)	May be taken out in a rowboat by a Junior A.R.C. or Scout Life Guard.	NO
<u>SWIMMER</u> (Can pass Boy Scouts of America Swimmer's test)	May use rowboat alone, or with person of equal swimming ability or with a Junior A.R.C. or a Scout Life Guard	May use canoe with Scout Life Guard or A.R.C. Lifesaver.
<u>SWIM MERIT BADGE</u>	May use rowboat alone, or with any person who is a <u>swimmer</u> , or with a Junior A.R.C. or Scout Life Guard	May use canoe if in Canoeing class or have Canoeing Merit Badge, with another swimmer of equal or higher swimming rank.
<u>LIFE SAVING MERIT BADGE</u>	May use rowboat alone or with any person who is a <u>swimmer</u> , or with a Junior A.R.C. or Scout Life Guard	May use alone or with another person of equal or higher swimming rank.
<u>JUNIOR A.R.C.</u>	May use rowboat <u>alone</u> , or with any one person who is a Beginner, or with a Junior A.R.C. or Scout Life Guard	May use alone or with another person of equal or higher swimming rank.
<u>SCOUT LIFE GUARD</u>	May use rowboat alone or with one person who is a non-swimmer, or with Junior A.R.C. or Scout Life Guard.	May use alone or with another person of equal or higher swimming rank.
<u>SENIOR A.R.C.</u>	May use rowboat alone, or with one person who is a non-swimmer, or with Junior A.R.C. or Scout Life Guard.	May use alone or with another person of equal or higher swimming rank.

OWASIPPE SCOUT CAMPS

AQUATIC SAFETY RULES

The Owasippe Scout Camps feel their obligation to your parents to return you to the city safe and sound. The cooperation of all Scouts and Leaders in the Aquatic Program will enable us to maintain our splendid record.

Swimming, boating and canoeing only at specified times and places as announced on the schedule, and only as regulated by the Aquatic Director.

Swimming on hikes only when the leader definitely approves; the leader to secure the Water Director's permission before leaving camp.

Use the Buddy System - go in with your Buddy - swim with your Buddy - leave water with your Buddy.

Use beach urinals before entering water.

Before entering the water, take your tag off the "Out of Water" board and put it on the "In Water" Check Board. Reverse the procedure when leaving water.

Wear foot protection of some kind going to and from water to your tent.

Every Scout a Swimmer - and every Swimmer a Life Saver!

These aquatic requirements apply to everybody, ---

SCOUTS ... LEADERS ... STAFF ... FAMILY CAMP ... VISITORS

PLAY THE GAME!

Camp _____ Aquatic Director _____

ROWBOAT AND CANOE SAFETY RULES

1. Boats and canoes are to be taken out only at the time specified and then only by an issued permit accepted by the boatman.
2. If you want to change seats, beach your boat or canoe first. Standing in boats is not good safety practice.
3. Keep boats and canoes out of all swimming areas.
4. Avoid "Horseplay" - Use your time to learn how to handle your watercraft.
5. Use good judgment in loading rowboats.
 - a. Small Rowboat -- 3 persons
 - b. Large Rowboat -- 4 persons
 - c. Canoes ----- 2 persons
6. Read carefully the sheet posted on bulletin "Who May Use Rowboats and Canoes".

Assistant Aquatic Director

OWASIPPE TRAILS

THIRTY-TWO MILES OF CROSS COUNTRY HIKING TRAILS

These trails have all been made by old time Owasippe Campers. There are many historic and legendary points of interest along these trails. The story of these interesting spots you have read in the "Legends of Owasippe".

YELLOW TRAIL (From the Camp West Nature Lodge on Crystal Lake to the Belnap Camp Site on Big Blue Lake) The Yellow Trail leads north from Crystal Lake to Silver Creek, then along the south bank of the Creek to the Spillway (dam now out) past Owasippe's Grave. It then runs in a northeasterly direction parallel to the gravel road, goes past the Fire Tower and on to Camp Belnap located at the west end of Big Blue Lake. Total Length . . . About Ten Miles.

RED AND YELLOW TRAIL (Joins the Red and the Yellow Trails.) Starts from the Headwaters and goes in a general northerly direction, on to cross the gravel road and join the Yellow Trail. Total Length . . . About Three Miles.

RED AND WHITE TRAIL (Connects the Blue Trail with the Red Trail and ends at the Factor's Cabin at Camp Wilderness on Big Blue Lake.) This trail starts at Bass Lake and leads northwesterly to Cleveland Creek, goes along the Creek and crosses the Red Trail at Deuces Wild. Then on to Wilderness. Total Length . . . About Six Miles.

RED TRAIL (From the Saddle Bag Cabin at Camp Beard on Crystal Lake to the Nature Lodge at Camp Pioneer on Big Blue Lake.) This trail is known as the "short cut" to Big Blue. It leads northeast from Crystal Lake to the Headwaters of Silver Creek, past Hercik's farm and the Old Cemetery, then to Deuces Wild on Cleveland Creek, on to the west shore of Britton's Lake, and ends at Camp Pioneer. Total Length . . . About Six and a Half Miles.

OWASIPPE TRAILS

BLUE TRAIL (This trail leads from the Camp Craft lot at Camp Stuart on Crystal Lake in a round about way to the Barret Wendell Lodge at Camp Pioneer on Big Blue Lake.) This is one of the most beautiful trails of all. Goes past Little Blue Lake, Lake Cristel (Horse Lake), the Marl Beds, Square (or 9 Acre) Lake, Bass Lake (or Hole in the Woods), Headwaters of Cleveland Creek, Mayo Lake and Britten's Lake. Total Length . . . About Nine Miles.

PROPOSED WHITE TRAIL This trail will lead through the virgin country surrounding the north branch of the White River. Surveying parties will be organized in the near future. These expeditions will include real surveying and trail blazing and will be an epic in Owasisippe history. This will be a golden opportunity for real adventure and a challenge to real Scouts. Any "oldtimer" Scouts desiring to assist in making Trail History at Owasisippe, should talk to their Camp Hikomaster.

KEYNOTES TO HIKING

Let's make ourselves comfortable out of doors. Our Camp hikers should be proud to learn to "rough it smoothly".

Leaders and Hikers should all be in perfect health when leaving home camp.

First Aid kits for each unit are a necessity.

Safety in the out of doors is a matter of training, good sense and good judgment.


Organize your hike.

Give it a name.

Have a purpose.

Never take chances or become over-fatigued.

ADVANCEMENT - AWARDS



SCOUTS HAVE AN OPPORTUNITY TO PASS FIRST AND SECOND CLASS AND THOSE MERIT BADGES WHOSE REQUIREMENTS LEND THEMSELVES TO ACHIEVEMENT OUTDOORS. BOYS HAVE AMPLE OPPORTUNITY TO WORK ON SUCH REQUIREMENTS DURING THE PERIOD. SOME BOYS ARE NOT SELF STARTERS WHEN IT COMES TO SCOUTCRAFT ACHIEVEMENTS. GIVE THEM A HELPING HAND.

OWASIPPE STANDARDS are determined by the Council Advancement Committee and must be rigidly followed. Second and First Class work is supervised by the Troop Leader.

MERIT BADGE INSTRUCTION and examination will be handled by members of the permanent staff in cooperation with the Troop Leader. A Scout will be awarded only three Merit Badges during the period though he may earn more if it can be done with adequate safeguards as to quality of work. Badges requiring time limit will be withheld until termination of that period.

REVIEWS Scoutleaders, regular members of the Board of Review and camp staff men will be the examiners. This examination will be on the station to station plan. Reviews are usually held twice each period.

1st Review -- about end of first week.

2nd Review -- near end of period, with special opportunity for Scouts who failed previously.

Merit Badges passed by any of the staff specialists will not require review. Review necessary only for approved subjects not covered by experts.

CERTIFICATES WILL BE AWARDED BY THE ADVANCEMENT COMMITTEE OF THE CHICAGO COUNCIL, WHILE THE SCOUT IS IN CAMP, - HIS RECORD WILL BE TRANSFERRED TO THE CITY.

ADVANCEMENT - AWARDS

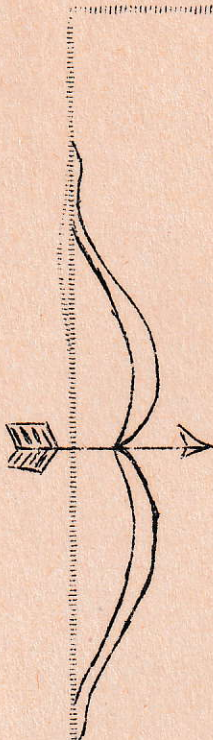
CERTIFICATES - AWARDS

American Red Cross Life Saving certificates will be awarded to those passing tests and the Camp Honors will be presented to Scouts achieving them. Attached to the back cover of this Manual you will find information relative to the Camp Honors.

TROOP AWARDS deserve space for themselves. You will find information about them later.

The page that follows will tell you about the Order of the Arrow.

ORDER OF THE ARROW



RECOGNIZING THE VALUE OF FOCUSING THE ATTENTION OF SCOUTS AT CAMP TO "SCOUTHOOD" NOT AS A SET OF ABSTRACT IDEALS, BUT RATHER AS LIVING IN A SCOUT-LIKE MANNER, THE ORDER OF THE ARROW IS USED TO CALL ATTENTION OF A LIMITED NUMBER OF SCOUTS AS A PERSONAL RECOGNITION FOR THEIR BEING WHAT THEY ARE, BUT ALSO TO FOCUS ATTENTION OF ALL SCOUTS OF THE ACTUAL OBJECTIVES OF THE WHOLE SCOUT CAMPING PROGRAM ... THE LIVING UP TO THE SCOUT IDEALS.

THE ORDER OF THE ARROW is a National fraternity of Honor Campers of the Boy Scouts of America. There are more than one hundred and fifty Local Lodges, with thousands of members.

THE ORDER OF THE ARROW has as its objective the banding together in a common brotherhood those Scouts who are most truly living up to the Scout ideals, and to crystallize their Scout habit of helpfulness into a life purpose of leadership in unselfish service to others.

OUR LODGE is known as the OWASIPPE LODGE, ORDER OF THE ARROW. It is composed of the following Chapters:

Blackhawk Chapter	West Side Scouts
Chocaugau Chapter	North West Scouts
Garrison Chapter	Southwest Scouts
Mogua Chapter	South Shore Scouts
Wakay Chapter	North Shore Scouts
Ta-Ko-Dah Chapter	Douglas District Scouts

Scouts will become members of the Chapter of their District.

MEMBERSHIP IN THE ORDER OF THE ARROW is based on high exemplification of Scout ideals, with emphasis on leadership and service rather than on personal accomplishment or popularity. The ORDER of the ARROW is considered the highest honor a Boy Scout Camper can attain at the Owasisippe Scout Camps.

THERE IS AN UPPER LIMIT AS TO THE NUMBER OF NOMINEES PER TROOP, WHICH WILL BE EXPLAINED, ALONG WITH THE METHOD OF ELECTION, AT AN EARLY LEADER'S MEETING IN CAMP.

YOU SHOULD KNOW

MAIL

Address: Scout _____

Camp _____ Troop No. _____

Owasippe Scout Camps,

Owasippe, Michigan

Mail:

Arrives at Crystal Lake - immediately after noon mess.

Mail is collected at 2:00 P.M.

Arrives at Blue Lake: --- 1:00 P.M. and is collected
at 1:00 P.M.

Money order and letter registering facilities are available at the Owasippe main Post Office-

9:15 to 12:30

2:00 to 4:30

LIBRARY

A branch of the Chicago Public Library is maintained in each camp. Damage or loss is charged to individual.

IN THE DINING HALL

"We may live without friends,
We may live without books,
But civilized man cannot live without cooks."

Tables seat either 8 or 12. Each table has a Troop Leader or Staff Man as table leader who sits at the head. He is responsible for table manners, discipline, and serves the food. The waiter sits at the foot of the table. Raising of the leader's hand is the sign for "quiet".

Each table is responsible for its own dishwashing and serving. Dishwashing is an easy task when done the Owasippe way. There is plenty of hot water and clean towels. Large tables, two washers; small tables, one. One waiter per table. Table leader to arrange waiter and washer schedules in advance. Washing dishes and waiting on table should not be used as punishment. Everyone must share the duties.

YOU SHOULD KNOW

A SCOUT IS REVERENT

Obeing the precepts of our religious faith and respecting the convictions of others ... If your Troop consists of members of just one faith, you may bring into your camp program such religious features as you desire. It is your responsibility to see that your Scouts attend services. Christian Science, Jewish, Catholic and Protestant services will be held at times to be announced as part of the camp schedule.

STORE AND BANK

Every boy will be expected to deposit his money in the camp bank upon arrival. He may withdraw at stated times, receiving tickets which are usable in the store. A limit of 15 cents per day for foodstuffs and beverages has been established. Handicraft is purchased in same manner, there being no limitation set on this.

VISITORS

Sundays and Thursdays are the only visiting days and visitors will be welcome from after morning meal until evening meal. Meals may be secured for fixed prices by arranging at least one hour in advance of meal with the Camp Clerk, and by purchasing "meal tickets" from him. There is a limit to our capacity to serve visitors.

PASSES

Scouts who go to town should do so only by special permission. Their attendance in town should be limited, pass must be signed by the Scoutmaster and the Camp Director or Assistant. Their conduct away from camp reflects upon the camp. Watch it.

CAMP SERVICE

Each Troop will be expected to take care of certain camp duties as required in the administration of the camp. These will be assigned.

The duties will be rotated to Troops, and in turn should be assigned to one or more patrols (under boy leadership).

YOU SHOULD KNOW

The Scoutmaster is expected to look to his boy leaders for a job that is satisfactory to the staff leader who bears the responsibility.

CAMP

The camp furnishes wall tents housing four boys. These are furnished with wood floors, cots, a water pail and basin for each four Scouts, a lantern for each tent. Two brooms to each campsite. Rakes may be secured from the Quartermaster. Mess gear is provided for every boy in the dining hall. Tents are arranged in campsites each holding about thirty-two Scouts and three or four leaders. Each Troop is housed separately within the site and the camp endeavors not to mix Scouts from several Troops in the same tent.

The leaders sleep in tents adjacent to their Scouts. When more than one Troop occupies a camp site, all leaders stay in the leaders' tent which accommodates up to three. Leaders should not sleep in boys' tents, nor should boys occupy leaders' tents.

When camp property is abused the Quartermaster will charge the Troop an amount necessary to repair the damage. Allowance is made for reasonable wear.

CARE OF TENTS DURING WET WEATHER

At the beginning of a rain storm, the guy ropes on all tents should be loosened slightly all of the way round so that as the ropes shrink, the tents will not tear. You will also wish to drop the sides of the tent down in the direction in which the storm is coming. Do not, however, let down all sides and the front as it is necessary for the campers to get plenty of fresh air. A closed tent is about as healthy as a hermetically sealed room.

If it has stopped raining, tent sides and front flaps must be thoroughly dried before they are again rolled up, otherwise the mildew of tent canvas might take place. Walls should be rolled toward the inside of the tent.

YOU SHOULD KNOW

FAMILY CAMP

Opportunity is provided in each day's program for men to visit their family. Special dates for leaders with folks at Family Camp:

2nd day - first week ... You are invited for luncheon

Visitors' days: Sunday and Thursday: - Have your folks at the boys' camp.

OWASIPPE OFFICE STAFF

George A. Mozealous - Chief Camp Director
 Wm. J. Schumacher, Jr. - Administration Director
 Robert E. Pegel - Program Director

S. C. Stanton, M.D. - Chief Physician	Robert C. Smither - Distribution Officer
William E. Block - Commissary Officer	
Ed. R. Cain - Asst. Program Director	Edward C. Manz - Chief Clerk
Rue Miller - Custodian	

Ann Dean - Secretary
 Mildred Slater - Bookkeeper
 Eva M. Pegel - Postal Clerk

Roy Butler - Asst. Distribution Officer	William Gyure - Engineer
Clifton Harms - Warehouse Assistant	Jack Epstein - Asst. Chief Clerk
Ray Culp - Warehouse Assistant	Tom Claوتر - Office Boy

William R. Odell, Jr., Chairman Camping Committee
 W. Arthur McKinney, Scout Executive
 Victor L. Alm, Director Camping Service

District Representatives, Camping Committee

Joseph J. G. Crammer, Jr., Northwest
 Russell A. Jones, West Side
 Arthur Haigh, Southwest
 Dr. R. W. Horlick, South Shore
 H. A. Heidkamp, North Shore
 Marcus Mahone, Douglas
 C. Christensen, Sea Scouting

Members at Large Camping Committee

Nelson Brewer
 C. Daggett Harvey
 E. A. Schmidt
 George Dierssen
 A. S. Irvine
 Philip F. W. Peck
 Milton Gray
 Barrett Soudder

CAMP STAFF

CAMP BEARD

Peter H. Norg.....	Camp Director
Robert T. Nelson.....	Program Director
Robert M. Johnson.....	Administration Director
Arnold P. Drucker.....	Medical Officer
Eugene Friker.....	Aquatic Director
Robert P. Johnson, Jr.....	Asst. Aquatic Director
George H. Tatgenhorst.....	Craft Director
Arthur L. Zapel, Jr.....	Hikemaster
Kenneth E. Nelson.....	Asst. Hikemaster
Albert W. Feldman.....	Naturalist
Raymond W. Daum.....	Asst. Naturalist
Wm. Spackman, Jr.....	Provisional Scoutmaster
Edward Leight	Provisional Scoutmaster
Stanley Hopper.....	Clerk
Harold Mautner.....	Assistant Clerk
Rex Colvin	Quartermaster
Herbert J. Heidkamp	Headwaiter
Jack Henningsen.....	Plebe
Walter R. Gibian.....	Plebe
Sidney Berry.....	Cook
Elinor Owens.....	Second Cook
Charles Hendricks.....	Cook's Helper

CAMP BELNAP

Dr. Wm. H. Benson	Camp Director
David Allison, Jr.	Asst. Camp Director
J. Edmond Bryant.....	Medical Officer
Haywood Stewart.....	Aquatic Director
David H. Bowen	Craft Director
Leon Ford	Naturalist
Edward Brown, Jr.	Provisional Scoutmaster & Headwaiter
Charles T. Henderson, Jr.	Clerk
Jon Frank Rice	Steward
	Cook

CAMP STAFF

FAMILY CAMP

Hostess

Emily Reinhart.....Cook
Ruth Peterson.....Cook's Helper

CAMP PIONEER

John N. Lovett.....Camp Director
William Garbell.....Asst. Director (Program)
Robert K. Lichtenheld.....Aquatic Director
Gerald O'Connor.....Asst. Aquatic Director
Joseph S. Haas.....Medical Officer
Raleigh Butterfield.....Craft Director
Jim Fridstein.....Hikemaster
Harold Heifetz.....Naturalist
Gene Slottow.....Provisional Scoutmaster
Thomas H. Cafcas.....Clerk
Bill Molyneux.....Asst. Clerk
Howard Wollin.....Quartermaster
Alan Bihlmeier.....Steward
Paul Cromwell.....Headwaiter
Wilma Brunauer.....Cook
Marie Fuller.....Second Cook
John Lytheke.....Cook's Helper

CAMP STUART

Geo. M. Schnier.....Camp Director
Don Johnson.....Program Director
George E. Forrest.....Administration Director
Leslie M. Bodnar.....Medical Officer
Michael F. Valentine.....Aquatic Director
Kendall L. Vinton.....Asst. Aquatic Director
Leroy G. Ross.....Craft Director
Alexis T. Miller.....Hikemaster
Wm. G. Rowmey, Jr.....Asst. Hikemaster
Ralph Ray.....Naturalist
Otto R. Larsen.....Asst. Naturalist
John C. Schmidt.....Provisional Scoutmaster
Howard Housley.....Provisional Scoutmaster
Norman Gable.....Clerk
Beverley VanRensselaer.....Asst. Clerk
Willard B. Hanson.....Quartermaster
Lawrence J. Crain.....Headwaiter
Donald S. Farquhar, Jr.....Plebe
Carl Quackenbush.....Plebe
Helen Schmitt.....Cook
Ethel Million.....Second Cook
Forrest Rednour.....Cook's Helper

CAMP STAFF

CAMP WEST

Geo. A. Ryan.....	Camp Director
Leroy W. Hayman.....	Program Director
Edward M. McKay.....	Administration Director
Rex D. Hammond.....	Medical Officer
Richard Siegel.....	Aquatic Director
Joseph F. Hanasz.....	Asst. Aquatic Director
Walter J. Gaboriault.....	Craft Director
Jack Perz.....	Hikemaster
Walter Wickman.....	Asst. Hikemaster
	Naturalist
Donald Smitter	Asst. Naturalist
Charles C. Sweetland.....	Provisional Scoutmaster
Charles McClaren	Clerk
Eugene R. Mindell.....	Asst. Clerk
Robert Litt.....	Quartermaster
Philip J. Reinertsen	Headwaiter
William Stanton	Plebe
Emanuel Maisel	Plebe
Mary Guilbeault.....	Cook
Hazel Voss.....	Second Cook
Jean Guilbeault	Cook's Helper

WILDERNESS CAMP

Harvey Blank	Camp Director
Robert A. Kistner	Factor
Russell W. Jost.....	Medical Officer
Laurence Siegel.....	Aquatic Director
Earl G. Bingham	Asst. Factor & Asst.
.....	Aquatic Director

THE CAMPS

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Wilderness Camp is located on Big Blue Lake, seven miles from Twin Lakes, Michigan, and is part of the Owasippe Scout Camps.

A limited number of troops, because of their past camping experience at Owasippe or Kiwanis, are privileged to operate troop camps at this camp. Only troops who are prepared by previous training are permitted to do as these rugged troops do; at Wilderness they run their own programs, also plan and cook their own meals or have their meals prepared at Pioneer Camp.

Properly conducted, Wilderness Troop Camping constitutes the zenith of troop self-reliance in the out-of-doors and is a source of great pride to those responsible for the Owasippe Camps.

TROOP QUALIFICATIONS

1. A troop must have had a recent previous experience of a satisfactory nature at one of the Crystal Lake camps, Camp Kiwanis or a Lone Troop Camp.
2. A leader who is at least twenty-one years of age and a registered Scoutleader.
3. Approval of the District Executive and the Chief Camp Director as to the camping ability of the leader and the degree of camping experience of the troop.

LEADERSHIP

1. ATTENDANCE: For each boy attending for a full period, the Troop will be given credit for one-eighth of the board fee of an adult leader (18 years or older). If a troop has eight boys, a leader goes free except for transportation. If the troop has sixteen boys, a second leader may go free. If a troop has four boys attending, a credit on leader's board rate is given to the extent of 4/8ths.

At Wilderness, the leader must be 21 years of age, and additional leaders (18 or over) must attend in the following ration:

16 or more boys - 1 additional leader
32 or more boys 2 additional leaders.

2. MAJOR RESPONSIBILITIES: - a few of the more important responsibilities:

1. Plan and carry out a well rounded troop program of activities.
2. Plan and follow a well balanced menu.
3. Arrange a system for knowing the whereabouts of your Scouts at all times.
4. Report all cases of illness or accident (however slight) to the Camp doctor at once, who will report the case to the Camp Director.
5. Permit use of approved hiking drinking water sources only.
6. No swimming will be done either in or out of camp without the express approval of the Aquatic Director for the specified incident.
7. It is imperative that each leader report the whereabouts of all his campers each evening at 10 P.M. (See bed check report).

COORDINATION OF TROOP & CAMP STAFF

The Troop Leadership assumes full responsibility for its Troop Program and Administration. In matters of health, safety, moral welfare, or inter-troop relationships, the Owasippe Scout Camps are the final authority.

The Camp Staff, largely through the Directorship, will counsel with Troops on matters of policy or procedure where a proposed plan or program seems inadequate or undesirable. Likewise, suggestions for the enrichment of Troop Programs and Administrative methods will be made from time to time by the Director. For those seeking guidance or assistance, the staff personnel is always "at your service".

STAFF MEETINGS

A staff meeting will be held after taps the first night of camp to get acquainted and to lay plans for the period programs, make detail assignments, et cetera. Further staff meetings on call.

CAMP DETAILS

Naturally there will be a few camp duties in which each Troop will be expected to cooperate. This will be by assignment by the Director. It will include waterfront clean-up, latrines, general policing, assisting the Factor, etc. These duties should be taken care of immediately after breakfast daily.

HEALTH SAFEGUARDS

1. Medical -- the Camp Doctor will be on hand at all times for emergencies. He will have regular hours for routine calls.
2. Sanitation -- The Doctor will inspect sanitary conditions in each Troop Camp and will expect the Troop Leader's fullest cooperation to his recommendations in such things as cleanliness of food preparation and serving, disposal of garbage, use of latrines, flies, etc.
3. Inspection -- Personal and Troop Camp Sites -- Each Troop Leader is urgently requested to conduct his own camp inspection every day, for cleanliness of camp site and campers. In addition, the Director and the Doctor will make a daily inspection of campers. Blankets should be sunned and aired. Warm water for showers will be provided on Wednesday and Saturday of the first week and Tuesday and Friday of the second week. All campers are expected to make use of the showers.

CAMPING HINTS

Every Troop Leader is urged to ready the second volume of the new "Handbook for Scoutmasters" preliminary to coming to camp. Pages 729 to 808 deal with cooking and menu building and are especially valuable, but the whole volume is rich with suggestions for camp administration and program that should be known to every Wilderness Scoutmaster.

EQUIPMENT

Supplied by the Camp:

Cabins or Tents
Lanterns
Water Pails
Wash basins
Broom
1 Axe
Garbage Pail
Frying Pans
Dish Pan
China plates
China cups
China Bowls
Scouting pads
Potato masher
2 paring knives

Knives, forks and spoons
Double deck cots for Scouts
Single deck cots with mattresses
for leaders.
Aluminum cooking pots
Serving pans and bowls
Oven
Dish towels and soap powder
Large screened dining tent with tables
and a dish cabinet: sawdust floor
Canvas screened outdoor kitchen which
contains a brick fireplace with
metal top about 20 by 30 inches.
Fuel for cooking: Cut logs will be
supplied. Troop to cut into
stove lengths.

Ice box: --- An ice box will be available where troop may keep butter,
milk, eggs, lard, fruits, vegetables and other perishables.

Supplied by the Troop

The troop should bring its own blankets, clothing, personal articles, program and handicraft tools and material that they plan to use. For list of each Scout's and Leader's personal equipment, see "Final Instructions to Campers".

PROGRAM

The Troop Responsibility: Insofar as possible, each troop will conduct its own program, keeping in mind, of course, that there will be other troops in the camp. After Taps the first night, all Troop Leaders will meet with the Camp Director for the purpose of agreeing on regularity of schedule, a swimming schedule, inter-troop campfires or special events, method of advancement, etc. for the period.

Period Program

By Tuesday noon (day after arrival) each troop will submit in writing to the Camp Director, a program covering the period, showing the special activities planned. This should bear in mind the following regular features of a Wilderness period:

1. 1st Monday afternoon and early evening - physical examinations.
Monday evening - joint troop campfire, introductions, etc.
2. Sunday morning - Church services (See religious observance).
3. Joint troop campfire and stunt night Saturday evening (for those desiring it)
4. Second Wednesday evening - Order of Arrow calling out ceremony (Camp Honor organization - this is the selection of candidates).
5. Second Thursday - Candidates for Arrow: given Arrow ordeal and initiation both of which are conducted jointly by Camps Wilderness and Pioneer at Big Blue Lake.
6. Board and Court of Review - Friday afternoon after lunch.
7. Final campfire conducted by each troop - which recognizes individual and group achievement.

SAMPLE PROGRAM OF MAJOR TROOP ACTIVITIES

SECOND WEEK

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MORNING ACTIVITY</u>	CHURCH	WATERFRONT AND CAMPCRAFT INSTRUCTION BY STAFF S.M. TO PLAN 2ND, 1ST CLASS & MERIT BADGE INSTRUCTION BY TROOPS.				
7:00 A.M. RISE AND SHINE		BIRD HIKE	INSTRUCTION GROUPS AT 9:00 A.M.	BIRD HIKE	INSTRUCTION	BIRD HIKE
7:45 A.M. --- BREAKFAST		INSTRUCTION GROUPS AT 9:00 A.M.	9:00 A.M.	INSTRUCTION GROUPS AT 9:00 A.M.	1ST & 2ND CLASS COOKING TESTS	INSTRUCTION GROUPS
12:15 DINNER						
<u>AFTERNOON ACTIVITY</u>	SWIMMING MEET BOATING CANOEING SAILING	14 MILEERS OUT BUDDY HIKES TO TWIN ROLLAWAYS	TREASURE HUNT FINISH AT DEUCES WILD SUPPER AT DEUCES WILD	ARROW ELECTION FREE CHOICE ACTIVITY MAKE-UP OP-PORTUNITY AT WATERFRONT	COOKING M.B. HANDLE NOON MEAL. HIKE TO HORSESHOE DEND	BOARD & COURT OF REVIEW FOR 2ND & 1ST CLASS ALSO M. B.
6:00 PM SUPPER						
<u>TWILIGHT ACTIVITY</u>	FREE CHOICE OF ACTIVITY	GAME--- "SPY IN CAMP"	RETURN FROM HIKE (OBSERVATION GAME)	BOATING CANOEING SAILING	FREE CHOICE OF ACTIVITY	GENERAL CLEAN-UP. PACKING
<u>EVENING ACTIVITY</u>	NIGHT GAME "JACK, JACK SHOW YOUR LIGHT" OR STAR HIKE	CAMPFIRE ARROW TALK	(ARRANGE WITH ACQUAITE DIRECTOR)	ARROW CALLING OUT. INTER-TROOP CAMPFIRE	ARROW FEED AT CRYSTAL INTER-TROOP CAMPFIRE	TROOP AWARDS CAMP FIRE
10:00 P.M. TAPS						

ANY CHANGES MADE IN THIS PROGRAM SHALL BE NOTED ON BACK OF BED CHECK REPORT.

SAMPLE PROGRAM OF FIRST

	Monday	Tuesday	Wednesday
Morning Activity		Waterfront and campcraft instruction	
7:00 A.M. Rise and shine		S.M. to plan 2nd, 1st class & merit	
7:45 A.M. -- Breakfast		Bird Hike before Break-	Instruction Groups at 9:00 A.M.
12:15 Dinner	fast. Instruct-	ion groups at 9:00 A.M.	
AFTERNOON ACTIVITY	Arrival Assignments supplies physical exams	Buddy Hikes to Fire Tower Packwoods Camp	Boating Canoeing Sailing
6:00 Supper			

MAJOR TROOP ACTIVITIES WEEK

	Thursday	Friday	Saturday
	by Staff	Badge Instruction by Troops.	
	Bird Hike before Break-	Breakfast at Crystal Lake	Instruction Groups at 9:00 A.M.
	fast. Instruct-	Hike to Spillway	
	ion groups at 9:00 A.M.	Yellow Trail	
	Hike to Crystal Lake	Dinner at Spillway	Boating Canoeing Sailing
	via Red Trail	Hike on to Big Blue	
	arrange for a swim supper at Crystal Lake,	Supper at Camp	Make-up Opportunity at Waterfront
	by previous arrangement		
	Hike around Crystal Lake	Boating Canoeing Sailing	Prepare stunts for tonight
	Visit Camps		
	Campfire	Free	Inter-Troop Stunt
	Early to Bed	Early to Bed	Night Campfire
	pack of bed check report.		

TWILIGHT ACTIVITY	Physical Exams	Boating	Vigorous activity game.
	Straighten up Troop Camp Site	Canoeing	Red & White Game.
		Sailing	
EVENING ACTIVITY	Inter-Troop Campfire	Star hike or Night Game.	Campfire Stories
	General intro ductions	"Steal the Sticks"	Owasippe Legends

Any changes made in this program shall be noted on

B. DAILY PROGRAM

There are certain definite times for a few activities, departure from which is only to be made on exceptional occasions and then with notice on the back of the Bed Check Report. Changes to be made in Period program involving trips to Crystal Lake Camps should be made 48 hours in advance to the Director personally. This is required, in order to arrange for or to cancel meal arrangements. Other changes may be made the night before on the back of the Bed Check Report. These specified scheduled events include:

- Rising - 7:30 A.M. When staff or individual is permitted to lie abed beyond the breakfast period, it should be done only when such a practice does not interfere with the welfare of the "body-politic" of the troop, will not interfere with the schedule of camp staff or other troops, and will not cause the individual to lose out from his program activities.

Breakfast - 8:00 A.M.

First instruction activities - 9:00 A.M.

- Scheduled waterfront, nature and campercraft instruction groups during morning by agreement of Staff and Troop Leaders in Staff meeting after Taps the first Monday in Camp.

Dinner - 12:15 Noon

Afternoon - optional activities. General Swim - 4:00 P.M.

- Patriotic ceremony or retreat (by troops), suggested before supper. Troops should bring a Scout and American flag with them for this purpose.

Supper - 6:00 P.M.

Evening - campfires, games, etc., by troops or inter-troop as planned.

- Taps - 10:00 P.M. Should any troop event be planned beyond this time, it must respect the other fellow's rest and must be only done very occasionally with some compensation for loss of rest. Boys should have nine hours unbroken sleep each night.

Bed Check Report sent to Camp Director.

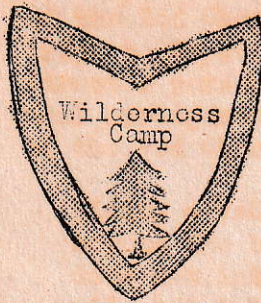
SUGGESTIONS FOR TROOP PROGRAM

Morning Activity

1. Early Morning Bird Hikes
2. Instruction groups, according to boys' needs
 - Non-swimmers to waterfront
 - 2nd and 1st class -- M. B. instruction
 - a. Game method
 - b. Buddy method
 - c. Class method
 - d. Other methods

AWARDS

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The regular Owasippe Awards will be used in this Camp. In addition there will be the Wilderness Camp emblem, which is sold only to these campers at the Trading Post for 15¢ each. This emblem will be worn ONLY on the center of the right pocket just below the flap, and is classed as a Temporary Badge.

ADVANCEMENT

Second and First Class

Each Troop will conduct its own individual second and first class advancement tests, just the same as in the city. A Board of Review for second and first class will be conducted on the last Thursday afternoon of the period.

Merit Badges

It is urged that only strictly camp merit badges be attempted. Aid will be given upon request, in teaching the following badges; a court of review will be provided on the last Friday afternoon in camp.

Bird Study	Conservation	Life Saving	Pioneering	Seamanship
Camping	Cooking	Personal Health	Rowing	Hiking
Canoeing	First Aid	Public Health	Swimming	Indian Lore

HIKING

1. Check In and Out of Camp. Destination and approximate time of return is important as it is very embarrassing to have a parent phone or call and not be able to give some definite information.
2. To safeguard the health of your Scouts, permit them to drink only approved drinking water.
3. Approval of Aquatic Director is necessary for swimming while on hikes. Precautions must be taken as to Life Guards, etc.
4. Be sure that your boys always respect the property of others. Help to keep the friendship we now enjoy with all the surrounding property owners.

VISITS TO OTHER CAMPS

By advance arrangements, a Troop may (and is encouraged to) visit the Crystal Lake Camps. To secure meals, however, notice must be given in person to the Director of your Camp at least forty-eight hours in advance. At least one leader must be in attendance at all times on such visits.

It is urged that Scoutmasters of Troops making such visitations make every reasonable effort to supervise the visit, to the end that it builds a happy relationship with other camps and our neighbors.

WATERFRONT ACTIVITIES

It has been found by past experience that the following program has fulfilled the needs of the majority of Wilderness Troop Campers. Changes may be made at the Staff Meeting on the first night by agreement of the leaders.



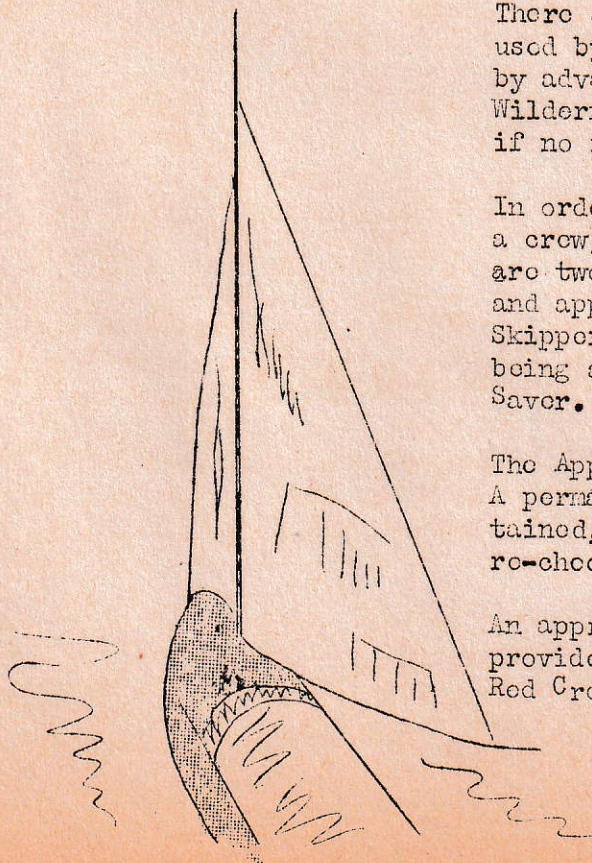
<u>Time</u>	<u>Activity</u>	<u>Instructed by</u>
7:30 A.M.	Optional Morning Dip	Aquatic Director
9:00 A.M.	Swimming Merit Badge	Aquatic Director
9:00 A.M.	Sailing Instruction	Sailing Instructor
10:00 A.M.	Life Saving Merit Badge, and Junior & Senior American Red Cross	Aquatic Director
10:00 A.M.	2nd sailing instruction group	Sailing instructor
11:00 A.M.	Beginners and 50 foot swimmers	Aquatic Director
11:00 A.M.	Canoeing Merit Badge	Sailing Instructor
2 to 4 P.M.	Optional Make-up Opportunity	Aquatic Director
3:00 P.M.	Rowing Merit Badge (Boat work for Scout Life Guard)	Sailing Instructor
4:00 P.M.	General Swimming Period	Aquatic Director
5:00 P.M.	Life Guards and Old Timers Swin	Aquatic Director

BOATING CANOEING SAILING

9:00 A.M. to 11:45 A.M. -- 2:00 P.M. to 5:30 P.M.
7:00 P.M. to 8:00 P.M.

Owasippe's high standard of safety will prevail at all times; -- use of Buddies, use of check boards, life guards on duty, et cetera. Please do not ask for exceptions. Play the game.

SAILING



There are a number of sailboats. They are to be used by the Crystal Lake Camps for old timers, by advance arrangement. They are available to Wilderness or Pioneer campers after 9:00 A.M., if no reservations have been made.

In order to take out a sail boat, with or without a crew, a Scoutleader must be a Skipper. There are two classifications for Skippers ... approved and apprentice. The latter has passed all the Skipper's requirements (as outlined herewith) except being a junior or senior American Red Cross Life Saver.

The Approved rank has met this qualification. A permanent roster of Skippers is to be maintained, eliminating the necessity for annual re-check on the requirements.

An apprentice skipper may only take out a sailboat provided there is a Junior or Senior American Red Cross Life Saver aboard.

Only Scouts who have demonstrated ability to swim 100 yards are to be taken as passengers in sailboats, and then there must be a life saver aboard.

An attempt will be made to give every Scout at Wilderness a ride in a sailboat, regardless of whether he can swim, but the boat will be in charge of a staff member on these occasions.

SKIPPER TEST ... REQUIREMENTS

1. a. Know and demonstrate, to examiner, the correct method of mooring:
 1. Down-wind from mooring.
 2. Up-wind from mooring.
- b. Demonstrate how to "come about" properly.
2. Demonstrate how to sail the different positions of sailing on each of the different tacks, explaining while executing the proper placing of your crew and the correct position of your boom.
3. Explain what to do in case your boat should capsize.
4. Know at least two methods of keeping sail properly trimmed for maximum speed.
5. Know how to command boat:
 - a. Explain duties of helmsman.
 - b. Explain duties of sail tender.
 - c. Explain duties of lookout.Explain and demonstrate how to save boat from tip-over in case of heavy wind.
6. a. Demonstrate how to secure boat to mooring properly.
- b. Demonstrate how to lash sail properly.
7. A. Define and explain correct execution (when implied) of following: Luffing ready about; helms alee; trimming the sheet; falling off; spilling the wind.
- b. Describe port, starboard, leeward, windward.
8. BE A JUNIOR OR SENIOR LIFE GUARD ... Skippers not meeting this requirement must have a Junior or Senior Life Saver in the boat with them and are known as "Apprentice Skippers".
9. Know the Rules of the Road for sailing crafts.

After satisfactorily having passed these tests you will be known as a "Skipper" and will be entitled to pick and handle a crew under your own discretion, observing of course, the rules of the beach. Namely: informing the beach directors before casting off and limiting your crew to 100 yard swimmers only.

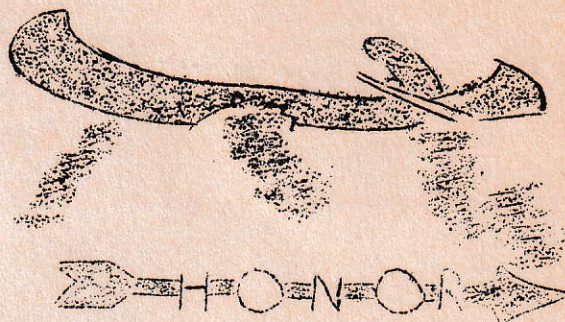
ROWING

Rowboats may be used by all campers, with the exception of non-swimmers, who may be taken out by a Senior A.R.C. or Scout Life Guard. Beginners (those who can swim 50 feet) may be taken out by a Junior A.R.C. or Scout Life Guard.

CANOEING

All campers desiring to use the canoes must have Canoeing or Life Saving Merit Badge. Members of the Canoe Instruction group may use a canoe by special permission, being accompanied by a responsible Senior Life Saver or Life Guard

The WATERFRONT rules apply to Scouts, Leaders, their families and to visitors. Please do not ask for exceptions, Owasippe has never had a fatal water accident. Let's not start now.



ORDER OF THE ARROW

Scouts at Wilderness Troop Camp will become members of the Chapter of their Districts.

The Arrow Calling Out and Ordeal will be conducted at Wilderness on the second Tuesday evening.

RELIGIOUS OBSERVANCE

Crystal Lake

Reveille --- 7:30
Mass ----- 8:00
Breakfast --8:30
Other Services 10:00

Big Blue Lake

Reveille --- 7:00
Leave for Mass 7:30 (on Crystal Lake)
Other Services 7:45
Breakfast 8:30

VISITING DAYS

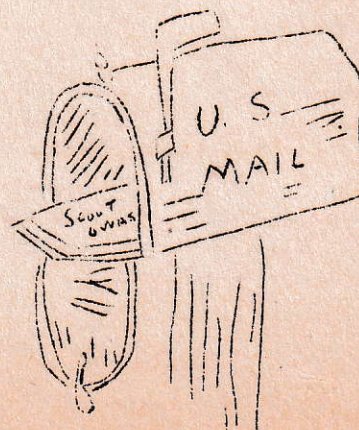
Thursdays and Sundays are the only visiting days.

TRUCK DELIVERY

Truck with supplies and incoming mail arrives at Big Blue about noon. Leaves about one o'clock with outgoing mail.

MAIL

Outgoing mail must be posted by 11:30 A.M. This enables it to be sorted and bundled as required by the Owasippe Postoffice. It is suggested that each troop leader appoint a Postmaster for his troop, to receive the incoming mail. This will avoid confusion and misplaced mail.



COMMISSARY ORGANIZATION

Troops use widely varying ways of operating, some of which are listed here:

Troop "A" ...Older boys supervised the cooking with 3 older boys doing the actual cooking. Their way was not paid for them. In return they were granted a few special privileges.

Troop "B" ...One man's way paid to camp for cooking through period, with two Scouts on daily detail for cooking and two for clean-up.

Troop "C" ... Two boys do the cooking and two do the dishwashing for a day. Older boy supervises all cooking.

Troop "D" ... Leader did the cooking, helped by older boys. Older boys on daily detail for clean-up.

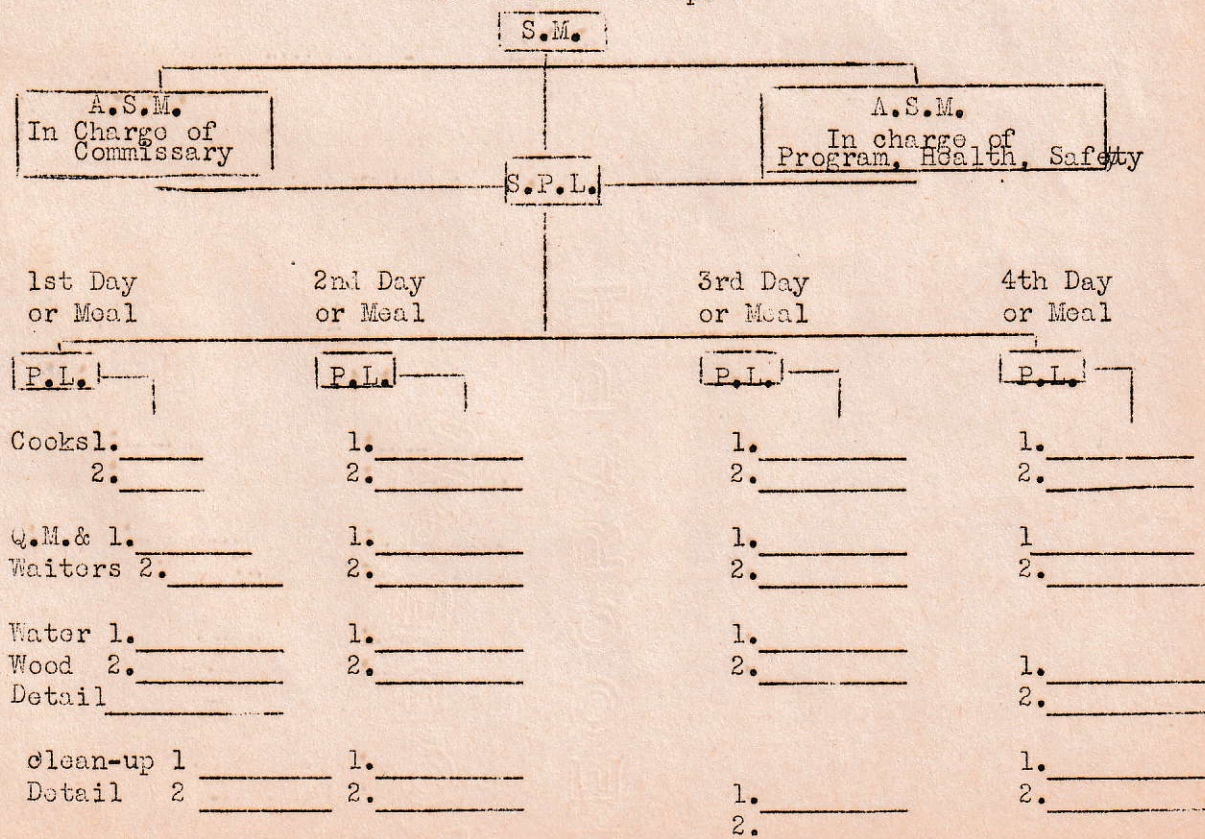
Troop "E" ...Scoutmaster did the supervising with two Scouts who did all the cooking

Troop "F" ... Hired a cook - boys doing "K.P." details.

The method used by Troop "C" involves the greatest educational benefit to the Scouts, but requires an added amount of supervision.

It is most important that there is not too much of the Leader's time spent in the kitchen, to the detriment of the program. Troop "A's" and "B's" plan guarantees this, as does Troop "E's". However, the latter involves very little "Wilderness" experience to the boy.

SUGGESTED COMMISSARY ORGANIZATION for a large troop. Details can be combined for a small troop.



Each patrol washes its own dishes and tables - The on duty clean-up detail are held responsible for washing cooking gear, perishables to ice box, and policing of kitchen area, garbage, etc.

GOOD MESS ORGANIZATION is the keynote to a happy camp experience. This is especially true in the commissary department. Each operation must have some particular person responsible for it, to see that the right thing happens at the right time in the right way.

The Scoutmaster has "control", but does not have direct responsibility of the actual commissary.

The Assistant Scoutmaster has direct charge of the commissary and gives his instructions through the Senior Patrol leader in large troops and directly in small troops.

The Senior Patrol Leader advises the Patrol Leader and checks as to assignments.

Patrol Leaders may be included in the various details or may supervise.

Thus the burden of the job is distributed to the whole organization and every one knows what he is expected to do. There is no distracted Scoutmaster in this troop bending over a fire, trying to cook for the whole gang, no shouting of orders, etc.

Cooks get the menus from the S. P. L. or Assistant Scoutmaster, being made out before coming to Camp.

Quartermasters and waiters get the list of food orders from the S.P.L. or Assistant Scoutmaster and proceed to the trading post and get supplies. They set the tables and serve the food. See "Store Hours".

Water and Wood Detail carry the water and split the wood. They start the fire and put the water on to heat as soon as the fire is started.

Clean-up detail duties:

1. Put dish water on stove to heat, making sure of fire condition before eating.
2. After eating, send all perishables to ice box.
3. Wash dishes, pots and pans in hot sudsy water.
4. Rinse and scald above in hot water.
5. Thoroughly scrub tables with soapy water and rinse with hot, clean water. Care must be taken to scrub clean all the edges.
6. Garbage...All solid matter, only, placed in garbage pail which is kept covered at all times. Empty garbage pail into large garbage can in back of old messhall after evening mess. Clean garbage pail daily.
7. Tin cans should be burned out, flattened and placed in box in back of old messhall after evening mess.
8. SAVE paper for starting fire in the morning.
9. Pour waste water into incinerator pit 3' by 4' by 3' deep. Protect this pit with a fence or cover. Waste water includes dish water, water used in preparation of vegetables, etcetera. Throwing water on the ground will attract flies.

The Assistant Scoutmaster in Charge of Commissary should give the S.P.L. a time schedule similar to the following one. The S.P.L. is responsible for its being carried out. The patrol on duty may not leave the kitchen area until the work has been inspected by the S.P.L. and he formally dismisses the patrol by word to the Patrol Leader.

- 6:45 A.M. Wood and Water detail on the job.
- 7:00 A.M. Cooks begin preparation of morning mess.
- 7:45 A.M. Q.M. serves breakfast.
- 8:15 A.M. Clean-up detail.

9:00 A.M. Food orders given to Factor by A.S.M. in charge of commissary.
 10:45 A.M. Wood and water detail and cooks on the job.
 12:15 P.M. Q. M. serves noon mess
 1:00 P.M. Clean-up detail
 1:00 to (A.S.M. in charge of commissary draws food for next three meals
 2:30 P.M. (from factor at Trading Post.
 4:30 P.M. Wood and water detail and cooks on the job.
 6:00 P.M. Q.M. serves evening mess
 6:45 P.M. Clean-up detail

THE TRADING POST

Will be open for ordering supplies from 9:00 to 10:00 A.M. each morning. From 1:00 to 2:00 P.M. it will be open for drawing supplies (by requisition) for the following day. From 7:00 to 8:00 P.M. it will be open for candy and Scout supplies sold for cash as in the regular camps.

FOOD ALLOWANCE

Upon your arrival at the Wilderness Troop Camp, a credit allowance per meal per person will be set up on your troops food account at the Trading Post. This allowance will be based on the number of persons to be fed, and will be ample to cover your needs.

Troops with 8 to 15 persons (boys and leaders) will be given a meal allowance of 17¢; 16 to 25 persons, 16½¢; 25 and upwards, 16¢.

When food is purchased, it will be charged against this account up to the amount of the credit allowance. When account is overdrawn, you will pay for food with cash. Food is not returnable for credit at the end of the period.

VISITOR'S MEALS

Visitors to Wilderness will be charged for meals at the following rates:

Breakfast 25¢
 Dinner 40¢ (the heavy meal of the day
 Lunch or supper 30¢ (the light meal)

The troop will collect the fee and pay half of it to the factor, the balance going to the troop's program fund. Weekend guests will pay \$1.25 for three meals and overnight, 25¢ of which will be retained by the troop for its program account.

STAFF FEEDING

Inasmuch as there will not be a staff cook, it is necessary that the staff rotate in the various troop camps for their meals. This by prior arrangement only. A credit for a meal will be given the troop at the Trading Post for each meal served. The troop keeps a record of staff meals served. Credits for staff meals will be added at the end of the period.

FOOD ORDERING

Eahh troop will submit its menu to the Wilderness Factor the first evening of the period. Each menu should be similar to the form below.



MONDAY SUPPER - - - - - 15 Scouts

Corned Beef Hash	-- 1 - 6# tin corned beef
	5# potatoes
Stewed tomatoes	1 - #10 tomatoes
Pineapple	1 - #10 pineapple
Bread	3 loaves
Jam	1 - #10 peaches
Cocoa	3# cocoa

(NOTE: Spices, salt, sugar and cocoa will be kept on hand - no special ordering will be necessary for them).

TUESDAY BREAKFAST - - - - - 15 Scouts

Bacon	4#
Eggs	3 doz.
Pineapple	Leftovers
Bread	3 loaves
Jam	leftovers
Milk	2 gal.
Dry cereal	3 pkgs.

These menus will be on file in the Factor's office and can be changed and referred to anytime during the Factor's hours. The advantages of this system are numerous. The main advantage, of course, of this system is that the Factor will be able to order early enough in advance to insure delivery -- or if the commissary officer is unable to buy a certain item, there will be enough time to substitute without interfering too much with the troop's plans. Another advantage is that the troop is greatly relieved of the responsibility of ordering day by day. Moreover, the factor will be able to judge and accurately predict the credit standing of the troops at any given time.

The ordering will be taken care of by the factor. He will order the meats in advance and he will see that the foods are delivered at the time when they are needed.

Consequently, if the troop leaders will cooperate with the Factor by presenting their menus in advance with the various quantities noted, a very high degree of efficiency, with minimum time, will be obtained.

FOOD REQUISITIONING

The Factor will order from the menus of the troops for three meals starting with supper. The troops will draw food in the early afternoon for the three following meals... (supper, breakfast, dinner). The Trading Post will be opened from 1 to 2:30 P.M. in the afternoon. Of course, if there is some slip-up the Factor will open the Trading Post at any time. We will be very glad to help the troop leaders at all times ... We do ask, however, that the rules and regulations of the various departments be regarded.

Apples ... For cooking they should be of the tart type. Good, firm greenings are the best.

Bananas... Firm, ripe, and from 7 to 8 inches long.

Bacon... Well cured, with good streak of lean. Buy it sliced.

Bread... Buy sliced bread in pound loaves or larger. White, whole wheat, rye or raisin.

Rolls... Fresh the day they are used. The round soft bun type is popular.

Butter... Full creamery - 92 score, salted.

Beef Roast... Prime western, heavy carcass, taken from the chuck, boned, tied and ready for the pan. One third of a beef carcass is bone. Try to get solid meat.

Beef Ground... Clear beef from the chuck with no bone or fat.

Beef Fat... Get good firm pieces of suet - some time referred to as leaf suet.

Beans ... These should be clear green in color, not too large, easily snapped and strung.

Carrots... Clean firm stock - avoid wilted condition.

Corn... Country Gentlemen or Golden Bantum or White Evergreen. It can be afforded when 3¢ per ear or cheaper.

Cheese - American ... Full cream cheese - well aged.

Cheese Powder... The type used for Italian Spaghetti.

Cookies ... Plain sweet cookies. Avoid frosted or sugar coated ones.

Cucumbers... Clear, firm stock about 6 to 8 inches long and uniform in color.

Chicken... Secure five to six pound chickens, broilers and roasting grades.

Cabbage... White, firm heads devoid of heavy outside leaves.

Eggs... Strictly fresh, if available. Otherwise Grade A storage, recandled before delivery.

Lard... Pure pork lard. Crisco may be used but is quite expensive. Cooking oils are also expensive and less easily handled.

Lamb Roast... Secure leg of lamb. This means from not more than one year old animals.

Lettuce... Head lettuce, firm, good color and free from wilted leaves.

Milk... Grad "a" loose with at least 3.6 percent butter fat. Do not accept if temperature is over 50 degrees F.

Oranges... Domestic, white or yellow, firm and not too large.

Onions... Domestic, white or yellow, firm and not too large.

Peas... Good firm stock, uniform in color. Avoid too ripe or wilted ones.

Potatoes... Firm, not too large, white and clear skins. Avoid buying old potatoes when new stock is on the market.

Sausage... Pure pork, or pork mixed with a little beef.

Pork Roast... Buy cuts from an 8 to 10 pound loin, or small shoulders.

Pork Chops... Lean, not too large. Four to five to the pound.

Ham... Buy standard brand, sugar cured ham. No larger than about 14 pounds, to avoid old tough meat.

Tomatoes... Full red color, no green spots, and firm.

Turnips... White firm - avoid wilted stock.

III. Size of Containers

Vegetables usually come packed in #1, #2, and #10 cans - occasionally in #3. Fruits usually are packed in #2, #2½ and #10 cans - and occasionally in #5. To avoid spoilage and waste, purchase some #10 cans and the remainder in #2, 2½ or #3 cans. In this way you can open only the required amount at each meal.

STAPLE GOODS WITH PROPORTIONS

Item	Size of can or package	Number of persons it will serve
Beans, green	#2 Can #10 can 1 lb. fresh	3 15 4
Beets	#3 can #10 can	7 22
Carrots	#10 can 1 bunch fresh	15 3
Corn	#2 can #10 can fresh	4 20 1 to 2 ears each
Peas	#2 can #10 can 1 lb. fresh	4 18 3
Potatoes, Sweet	#2½ can #10 can	4 16
Potatoes, Irish	Bulk	1 large or 2 medium each
Spinach	#10 can	20
Tomatoes	#2 can #10 can 1 lb. fresh	4 20 Served raw - 4 " Cooked - 2
<u>Canned Fruits</u>		
Apple Sauce	#2 can #10 can	4 20
Apples, unsweetened	#10 can	22 (cobbler)
Apricots	#2½ can #10 can	5 20
Blackberries	#2½ can #10 can	6 25
Cherries	#2½ can #10 can	6 25
Peaches	#2½ can #10 can 1 lb. fresh	5 20 3
PEARS	#2½ can #10 can	6 25
Pineapple	#2½ can #10 can	8 30
Plums	#2½ can #10 can	7 30
Strawberries	1 qt. fresh	5

Item	Size of can or package	Number of persons it will serve
<u>Miscellaneous Canned Goods</u>		
Apple Butter	#10 can	30 to 40
Beans, Pork and	#2 can	3
	#10 can	15
Jam	#10 can	30 to 40
Picallilli	#10 can	60 to 70
Pickles	#10 can	60 to 70
Salmon	1 lb. can	4
Soup	#1 can	2
Syrup	Gallon can	60 to 70
<u>Dried Fruits</u>		
Apricots	1 lb.	12
Raisins	1 lb.	10 to 12
<u>Cereals</u>		
Bran Flakes	10 oz. pkg.	8 to 9
Corn Flakes	13 oz. pkg.	12
Oatmeal	1 lb.	12
Rice Flakes	6 oz. pkg.	6
Shredded Wheat	12 oz. pkg.	12
<u>Dairy Products</u>		
Butter	1 lb.	40
Cheese	1 lb.	16
Milk	1 qt.	4 glasses
<u>Miscellaneous Groceries</u>		
Beans, Dry Lima	1 lb.	5
Beans, Dry Navy	1 lb.	5
Beans, Dry Mexican red	1 lb.	5
Beverage Powder	1 lb.	1 gallon
Cocoa	1 lb.	96 cups
Coffee	1 lb.	40 cups
Ice cream	1 qt. bulk or brick	6
Macaroni	1 lb.	9
Rice	1 lb.	8
Spaghetti	1 lb.	9
Tea	1 lb.	384 cups

Item	Size of can or package	Number of persons it will serve
<u>Meats</u>		
Bacon	1 lb. pkg.	8
Beef - Chipped	1 lb. pkg.	20
Roast	1 lb.	4
Stew	1 lb.	6
Chicken	1 lb.	2
Cold meats	1 lb.	4
Frankforts	Decker's large can	2 franks each
Ham - Boil or Bake	1 lb.	3
Hamburger	1 lb.	6
Lamb - Leg to Roast	1 lb.	4
Lamburger	1 lb.	4
Pork - Chops	1 lb.	4
Roast	1 lb.	4
Veal - Leg to Roast	1 lb.	3½

TERMS USED IN FOOD PREPARATION

Basting is keeping food moist while cooking, by pouring a hot liquid over the food at intervals.

Braising is a method of cooking the less tender cuts of meats. Brown the meat in a little hot fat in a deep covered kettle; add desired seasonings and enough boiling water to half cover the meat, and bake in oven until tender.

Creaming consists of repeatedly pressing such a material as shortening against the side of a bowl with the back of a spoon until it has the texture of a very thick cream.

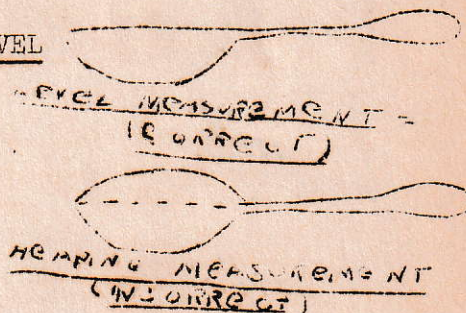
Sautéing is cooking food in a skillet, with just enough hot fat to cover the surface of the utensil, until the food is tender and brown.

In Searing, a coating is formed on the surface of the meat to hold in the juices. This can be done in a hot skillet, or in a hot oven.

Simmering is cooking just below the boiling point. Bubbles break just below the surface of a simmering liquid making a slight motion over the surface.

GENERAL MEASUREMENTS -- ALL LEVEL

3 teaspoonsful equal 1 tablespoonful
 16 tablespoonsful equal 1 cup
 2 cups equal 1 pint
 2 pints equal 1 quart
 4 quarts equal 1 gallon



SOME GENERAL COOKING RULES

Navy Beans will swell 2½ times their normal dry size when cooked.

Spaghetti will swell 3 times its size when cooked.

Macaroni will swell 3 times its size when cooked.

Rice will swell about 3 times its normal dry size.

Cream of Wheat will swell about double its dry size.

Oatmeal will swell twice its dry size.

OPENING MEALS

For the first four meals, we specify the menus to be followed. This is done for two reasons. These menus should be filling and yet easy to prepare. Also, there is no time to plan ordering during the busy first few hours in camp.

A kitchen squad can get right at the potatoes and onions for the first night's corned beef hash, which is made with canned meat, potatoes and a little onion and a little butter. The stewed tomatoes involve only heating and may be made to go farther by the addition of a little bread.

In any case, have plenty this first meal. Send them away from the table full, for this first impression will color their whole camp meal experience.

In event a troop desires to use other menu than the one listed below, an order for actual needs must be sent to camp at least seven days in advance of period beginning.

FIRST FOUR MEALS

Monday Supper

- 15. Corned Beef Hash
- 29. Stewed Tomatoes
- Canned Pineapple
- Bread and Jam
- 56. Cocoa

Tuesday Dinner

- Baked Beans (canned)
- 29. Beets
- Bread & Butter
- Orange punch
- Rice pudding

Tuesday Breakfast

- Canned Peaches
- Shredded wheat & milk
- Bacon
- Bread and Butter
- 56. Cocoa

Tuesday Supper

- 46. Chipped Dried Beef
- 27. Fried Potatoes
- Lettuce salad
- Bread & Jam
- Milk
- 62. Chocolate pudding.

The numbers in front of each item in the menu, above and below, refer to the numbers of the recipes for cooking the various items of food. These recipes are given on succeeding pages.

A TYPICAL TROOP MENU

First 4 meals as above menus unless otherwise specified.

Wednesday Breakfast

- 57. Prunes
- Dry Cereal
- 5. Pancakes & syrup
- 56. Cocoa

Wednesday Dinner

- 17. Macaroni & Cheese
- 35. Cabbage Salad
- Bread & Jam
- Milk
- Pineapple

Wednesday Supper

- 14. Chili Con Carne
- Bread & Butter
- Milk
- 62. Butterscotch
- Pudding.

Th Thursday Breakfast

- Oranges
- Dry Cereal
- 4. French Toast & Syrup
- 56. Cocoa

Thursday Dinner

- 51, 52 Roast Beef
- 26. Mashed Potatoes
- 53. Gravy
- 29. Corn
- Bread & Butter
- Milk
- Peaches

Thursday Supper

- 9. Chop Suey & Rice
- Bread & Jam
- Milk
- Ice Cream

Friday Breakfast

Bananas & Cream
Oatmeal
Sweet Rolls
56. Cocoa

Saturday Breakfast

Pineapple
Dry Cereal
5. Pancakes & Syrup
56. Cocoa

Sunday Breakfast

Oranges
Dry Cereal
9. Bacon & Eggs
Bread & Butter
56. Cocoa - Coffee 54.

Monday Breakfast

57. Stewed Raisins
8. Oatmeal
1. Biscuits
56. Cocoa

Tuesday Breakfast (Hike)

8. Oatmeal
57. Prunes
5. Pancakes & syrup
56. Cocoa

Wednesday Breakfast

Applesauce
Dry cereal
4. French Toast
Syrup
56. Cocoa

Thursday Breakfast

Grapefruit
Dry Cereal
4. French Toast
Syrup
56. Cocoa

Friday Breakfast

Oranges
Dry Cereal
Sweet Rolls
56. Cocoa

Friday Dinner

Salmon - cold
37. Potato Salad
Bread & Butter
Milk
Peaches

Saturday Dinner

18. Italian Spaghetti
Bread & Jam
Milk
Pears

Sunday Dinner

43. Boiled Ham
Sweet Potatoes
29. String Beans
Ice Cream
Milk

Monday Dinner

47. Barbecued franks
26. Potatoes
29. Asparagus
Bread & Butter
Milk

Tues. Dinner (hike)

Boiled Beans
Bread & Jam
Cold drink
62. Chocolate Pudding

Wednesday Dinner

Pot Roast
26. Potatoes
29. Peas
Bread & Butter
Peaches
Milk

Thursday Dinner

Steak
27. Potatoes
29. Carrots & peas
Bread & Butter
Cookies
Milk

Friday Dinner

Creamed Tuna Fish
Rice
Milk
Bread & Butter
Pineapple

Friday Supper

Lima Beans
Bacon
Bread & Jam
Milk
Pears

Saturday Supper

40 Meat Loaf
25. Potatoes
29. Peas
Bread and Butter
54. Coffee-Milk

Sunday Supper

Cold Meats
37. Potato Salad
Bread & Butter
Milk
Watermelon

Monday Supper (hike)

17. Macaroni & Cheese
56. Cocoa
2. Corn bread & Jam
62. Butter Scotch
Pudding

Tuesday Supper

46. Chipped Beef
24. Baked Potatoes
Bread and Butter
33. Lettuce & Tom. Salad
Milk
Peaches

Wednesday Supper

Vegetable soup
Crackers
37. Potato Salad
Bread & Jam
Ice Cream
Milk

Thursday Supper

9. Chop Suey & Rice
Bread & Jam
Milk
Pineapple

Friday Supper

18. Italian spaghetti
Green Beans
Bread & Jam
Milk
Ice cream sundae

Saturday Breakfast
 Oranges
 Dry Cereal
 Bacon
 Bread & Jam
 56. Cocoa

Saturday Train Lunch
 Sandwiches
 Peanut butter & jam
 Ham or other meat
 Cheese
 Apples or Bananas
 Cookies

ANOTHER TYPICAL MENU

Wednesday Breakfast
 Sliced Bananas
 Dry Cereal
 6. Scrambled Eggs
 Bread & butter
 56. Cocoa

Wednesday Dinner
 40. Meat Loaf
 29. Buttered Asparagus
 26. Mashed Potatoes
 Bread & Butter
 Milk
 Peaches

Wednesday Supper
 18. Italian Spaghetti
 Bread & Butter
 Milk
 60. Fruit Betty

Thursday Breakfast
 Canned Grapefruit
 8. Oatmeal & raisins
 2. Corn Bread & Jam
 56. Cocoa

Thursday Dinner
 45. Lamb Stew
 35. Cabbage & apple salad
 29. Peas
 Bread & butter
 Fruit punch
 61. Tapioca custard

Thursday Supper
 13. Spaghetti &
 Hamburger sauce
 36. Kidney Bean Salad
 Bread & Butter
 Milk
 Apricots

Friday Breakfast
 Pineapple
 Dry Cereal
 3. Corn Meal Mush
 Syrup
 56. Cocoa

Friday Dinner
 50. Fried Lake Trout
 24. Baked Potatoes
 30. Corn on Cob
 Bread & Butter
 Milk
 62. Butterscotch Pud.

Friday Supper
 12. Spanish Rice
 38. Potato & Carrot Salad
 Bread & butter
 Milk
 Apricots

Saturday Breakfast
 57. Mixed Stewed Fruits
 Dry Cereal
 4. French Toast
 Syrup
 56. Cocoa

Saturday Dinner
 19. Hungarian Goulash
 35. Cabbage & apple salad
 Bread & butter
 Milk
 62. Chocolate pudding

Saturday Supper
 34. German Potato Salad
 47. Frankfurters
 Bread & Jam
 Milk
 Plums & cookies

Sunday Breakfast
 Oranges
 Dry Cereal
 5. Pancakes
 Syrup
 56. Cocoa

Sunday Dinner
 42. Baked Ham
 26. Mashed Potatoes
 29. Stewed Corn
 Cole Slaw
 Bread & butter
 Ice Cream

Sunday Supper
 Cold Meats
 27. Fried Potatoes
 33. Lettuce & Tom. Salad
 Bread & Jam
 Milk
 Peaches

Monday Breakfast
 Melon
 Dry Cereal
 Boiled Eggs
 Bread & Jam
 56. Cocoa

Monday Dinner
 44. Hamburger
 25. Potatoes
 29. Stewed Tomatoes
 36. Kidney Bean Salad
 Bread & butter
 Milk

Monday Supper
 22. Sausage with Rice
 29. Peas & carrots
 Bread & butter
 Fruit Punch
 59. Bread Pudding

The numbers in front of each item in the menus, above and below, refer to the numbers of the recipes for cooking the various items of food. These recipes are given on succeeding pages.

<u>Tuesday Breakfast</u> Grapefruit Dry Cereal 7. Bacon & Eggs Bread & Butter 56. Cocoa	<u>Tuesday Dinner</u> 41. Pot Roast with Veg. 29. Buttered Beets Celery Bread & butter Milk Watermelon	<u>Tuesday Supper</u> 20. Shepherd's pie 37. Potato Salad Bread & Jam Milk Fruit Betty
<u>Wednesday Breakfast</u> 57. Prunes 8. Oatmeal with Raisins Bread & Jam 56. Cocoa	<u>Wednesday Dinner</u> 51, 52. Leg of Lamb 28. Browned Potatoes 53. Gravy Corn on Cob Bread & Butter Ice Cream	<u>Wednesday Supper</u> 10. Macaroni & chipped beef 36. Kidney Bean Salad Bread & Jam Milk Pineapple, cookies
<u>Thursday Breakfast</u> Oranges Dry Cereal 3. Corn Meal Mush Syrup 56. Cocoa	<u>Thursday Dinner</u> 23. Veal Goulash 27. Fried Potatoes 29. Stewed Corn Bread & butter Milk 62. Butterscotch Pud.	<u>Thursday Supper</u> 48. Sausage & onions 29. Peas 37. Potato Salad 2. Corn Bread & Butter Milk
<u>Friday Breakfast</u> Sliced Bananas Dry Cereal Bacon Bread & butter 56. Cocoa	<u>Friday Dinner</u> 49. Salmon Croquettes 24. Baked Potatoes 29. Green Beans Head Lettuce Bread & butter Milk Strawberries & Cream	<u>Friday Supper</u> 17. Macaroni & cheese 35. Cabbage & Apple Sal. 1. Biscuits & Jam Fruit Punch 59. Bread Pudding
<u>Saturday Breakfast</u> Oranges Dry Cereal 7. Bacon & eggs Bread & butter 56. Cocoa	<u>Saturday Train Lunch</u> Sandwiches Peanut butter & Jam Ham or other cold meat Hard cooked egg mixed with mayonnaise Pickles Bananas or Oranges Cookies	
<u>Supper</u> 11. Red Hot Chili 37. Potato Salad Bread & Butter Milk 58. Rice Pudding	<u>Breakfast</u> Oranges 8. Oatmeal with Raisins 5. Pancakes Syrup 56. Cocoa	<u>Dinner</u> 16. Beef Stew 24. Baked Potatoes 30. Corn on Cob Bread & butter Milk Watermelon

The numbers in front of each item in the menus, above, refer to the numbers of the recipes for cooking the various items of food. These recipes are given on succeeding pages.

RECIPES

1. Baking Powder Biscuits

3 cups sifted flour	1½ teaspoons salt
6 Teaspoons baking powder	6 tablespoons lard

Sift dry ingredients together, and cut the shortening into them, using two knives, until the mixture is the consistency of coarse cornmeal. Add enough of the milk, while stirring vigorously, to make a soft dough that can be easily rolled or patted into a sheet about ½ to 1 inch thick. Cut into rounds and place on a greased baking pan. Bake in a hot oven for 12 to 15 minutes. Makes 20 biscuits 2 inches in diameter.

2. Corn Bread

½ cup sugar	4 teaspoons baking powder
2 eggs	1½ teaspoons salt
1½ cups <i>cornmeal</i>	1½ cups sour milk
<i>¾</i> 1 teaspoon soda	4 tablespoons melted butter

Mix together the cornmeal, sifted flour, sugar, soda, baking powder and salt. Beat the eggs and add the milk; and add the dry mixture. Lastly, add the melted butter. Turn into a shallow greased baking pan about 9 inches by 9 inches by 1½ inches, and bake in a moderate oven for 20 to 30 minutes. Serves 8 to 10.

3. Corn Meal Mush

Allow 1 cup of water and 1/8 teaspoon for each Scout. Bring to a brisk boil. Add cornmeal slowly, allowing to run through partially spread fingers. When sufficient has been added so that the mixture is quite stiff and boils with a whistling sound, enough cornmeal has been added. Allow to cook for three or four minutes more. Then pour into pans to cool. If served for breakfast, this should be prepared the evening before. In the morning it will be quite firm. Turn from pans and slice in ¼ inch slices. Fry in skillet with hot fat until golden brown. Serve with syrup or jam.

4. French Toast

Beat three eggs, add 1½ cups of milk and 1 teaspoon salt. Use this as a batter. Dip slices of bread in this batter and brown well on both sides in a skillet with a little hot fat. Serve hot with syrup or jam. This batter is sufficient for about 20 slices of bread.

5. Pancakes

Mix 4 cups prepared pancake flour with 3 eggs and enough water or milk to make a stiff batter. Place spoonful on hot greased frying pan or griddle. Cook on one side until full of bubbles, turn and cook on other side. If frying pan or griddle is too hot, your pancakes will be black but not done. Serve at once with syrup or jam. Serves 10.



6. Scrambled Eggs

15 eggs
 $1\frac{1}{2}$ cups milk or water

1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $4\frac{1}{2}$ tablespoons fat

Melt fat in a skillet; lower the heat. Beat the eggs until whites and yolks are thoroughly mixed. Add the milk, salt and pepper and stir well. Turn into the fat in the skillet, cook until thoroughly cooked but not dry, stirring constantly and scraping from the bottom and sides of the skillet. Serves 10.

7. Baconized scrambled eggs

Cut 15 slices of bacon in small pieces. Place in skillet without fat and fry over a slow fire, stirring frequently. When bacon is crisp, remove from the pan. Cook scrambled eggs (as in receipt #6) in the bacon grease left in the skillet. Mix the bacon with the eggs just before removing from the fire, or serve the bacon on top of the eggs. Serves 10.

8. Cooked Cereals

Follow the directions given on the packages for preparing oatmeal, cream of wheat, et cetera. For a pleasing variation, cook raisins, chopped dates or chopped figs with the cereal.

9. Chop Suey

2 lb. Veal
 1 lb. Pork
 2 tablespoon fat
 3 cups sliced peeled onions
 3 cups diced celery

6 cups water
 1 tablespoon bead molasses
 2 #2 cans bean sprouts
 2 tablespoons cornstarch
 $\frac{1}{2}$ cup chop suey sauce

Saute the meat in the fat until brown. Add the onions, celery, water and bead molasses ($\frac{1}{2}$ cup ordinary molasses may be used if you do not have bead molasses) and cook until the meat and vegetables are tender, adding additional water if necessary. Add the drained bean sprouts and heat 3 minutes longer. Mix the cornstarch with the chop suey and heat 3 minutes longer. Mix the cornstarch with the chop suey sauce; add to the hot mixture stirring constantly, and cook until slightly thickened. Serve with rice. This serves 10.

10. Macaroni & Chipped Beef

Boil $1\frac{1}{4}$ pounds of macaroni in salted water until tender. Drain. Saute $\frac{1}{2}$ pound of chipped beef in a little butter. Heat one pint of milk and thicken. To make the thickener, mix $\frac{1}{4}$ cup of flour with $\frac{1}{3}$ cup of water and 1 teaspoon of salt until it contains no lumps. Then mix macaroni sauteed beef and sauce together and bake in a moderate oven about 30 minutes. Serves 10.

11. Red Hot Chili

1 #10 can tomato puree
 $\frac{1}{2}$ #10 peas or 2 #2 cans
 Boil these together.

Saute 4 cups sliced peeled onions in a little fat. When onions begin to turn a golden brown, add 3 pounds frankfurts cut in $\frac{1}{2}$ inch lengths. Saute all together. Add this to the tomato and pea mixture. Add $\frac{1}{2}$ tablespoon cayenne pepper and 1 tablespoon chili powder. Salt and pepper to taste. Serves 10.

12. Spanish Rice

$1\frac{1}{2}$ cups uncooked rice, washed
3 cups sliced peeled onions
6 tablespoons fat
 $\frac{1}{2}$ #10 can tomatoes or
2 #2 $\frac{1}{2}$ cans

1 tablespoon salt
1 cup diced green pepper
dash cayenne pepper

Cook the rice in salted boiling water until tender, do not stir it. Drain. Meanwhile cook sliced onions and diced pepper in fat until tender. Combine this with drained rice, tomatoes and seasonings; allow to simmer for 15 minutes. Serves 10. To make this a one meal dish, fry 2 pounds of hamburger, loose, with onions and peppers.

13. Spaghetti with Hamburger Sauce

Cook $1\frac{1}{4}$ pounds of spaghetti in boiling salted water until tender. Drain. Fry $\frac{3}{4}$ pounds of hamburger, loose, in 6 tablespoons of fat. When partially done, add $1\frac{1}{2}$ cups of sliced peeled onions. Make a country gravy by adding a paste made of $\frac{1}{2}$ cup of flour and $\frac{1}{3}$ cup water to 1 pint hot milk; cook until thick, stirring constantly to avoid lumps. Add the hamburger and onions to the gravy. Pour this over spaghetti and serve. Serves 10.

14. Chili Con Carne

$\frac{1}{2}$ pound suet
2 pounds beef (round, cut for Chili)
4 cups sliced peeled onions
2 tablespoons chili powder

1 teaspoon cayenne pepper
 $\frac{1}{2}$ #10 tomatoes or 2 #2 $\frac{1}{2}$ cans
 $\frac{1}{2}$ #10 can kidney beans or 3 #2 cans

Chop suet and fry out the fat in skillet. Add the beef and fry loose until partially browned, then add onions and continue cooking until well browned. Add tomatoes, beans and seasoning. Simmer for 15 minutes. Serve with macaroni or spaghetti. Serves 10.

15. Corned Beef Hash

Mix 5 cups chopped corned beef and 5 cups cook potatoes together lightly and season with salt and pepper. Pour 1 cup milk into a frying pan with 2 tablespoons butter and, when this is warm, turn in the hash, spreading it evenly. Add another tablespoon of butter, cut in pieces, on the top. Cover the pan and place it where the hash will cook slowly for half an hour. Do not stir the hash, and there will be a rich, thick crust on the bottom. Serves 10.

16. Beef stew

$2\frac{1}{2}$ pounds round steak
Flour
5 medium sized onions
 $\frac{1}{2}$ cup lard or other fat

10 medium sized potatoes
12 carrots
 $\frac{1}{2}$ teaspoon cayenne pepper
Salt and pepper to taste

Cut round steak in $\frac{1}{2}$ inch cubes. Roll in flour. Place fat in skillet and when hot, but not smoking, add the floured meat and brown. In the meantime, prepare the vegetables. Scrape the carrots and cut in $\frac{1}{4}$ to $\frac{1}{2}$ inch slices. Pare the potatoes and cut in $\frac{3}{4}$ inch cubes. Peel onions and cut in quarters. Add the prepared vegetables to the meat, add water to almost cover, and add the seasonings. Cover and cook slowly until the meat and vegetables are done. Serve 10.

Turnips, tomatoes, beans or any other desired vegetable may be added. This is an excellent way to use up left over vegetables, also.

17. Macaroni & Cheese

$1\frac{1}{2}$ pounds macaroni
1 cup butter
 $\frac{2}{3}$ cup flour
1 $\frac{3}{4}$ teaspoons salt

$\frac{1}{4}$ teaspoon pepper
Dash paprika
5 cups milk
~~5~~ cups grated cheese
 $1\frac{1}{4}$ cups soft bread crumbs.

Cook macaroni in boiling salted water until tender. Melt $\frac{3}{4}$ cups butter, add flour and seasonings and blend thoroughly. Pour in milk and stir until thick and smooth. Cook 5 minutes longer, then add grated cheese and stir until it is melted. Put macaroni and cheese sauce in layers in greased pan, having cheese sauce on top. Mix crumbs and remainder of butter, melted; place on top and bake in a moderate oven for 20 minutes or until well browned. Serves 10.

18. Italian Spaghetti with Cheese

4 cups onions, peeled and sliced
2 diced seeded green peppers
4 tablespoons melted fat
Grated cheese

$\frac{1}{2}$ #10 can tomatoes or 2 #3 cans
2 tablespoons salt
 $1\frac{1}{2}$ tablespoons sugar
 $1\frac{1}{4}$ pounds spaghetti

Cook the sliced onions and diced green pepper in the fat until tender. Then add the tomatoes, the salt and the sugar, and cook slowly, uncovered, until the tomatoes are a thick sauce. Meanwhile cook the spaghetti in boiling salted water until tender. Drain, arrange a hot platter and pour the tomato sauce over it. Sprinkle with grated cheese and serve. Serves 10.

19. Hungarian Goulash

4 pounds lean beef
4 teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{3}$ cup paprika
12 medium pared potatoes
6 cups peeled & sliced onions

2 seeded green peppers
1 tablespoon sugar
 $\frac{1}{2}$ #10 can tomatoes or 2 #3 cans
Flour to thicken

Cut meat in small cubes and arrange about $\frac{1}{3}$ of it on the bottom of a deep kettle. Season with some of the salt, pepper and paprika. Add a layer of potatoes cut in quarters, then a layer of sliced onions and thinly sliced green pepper. Continue until all ingredients are used. Add enough cold water to cover, measuring it as added, and let come to a boil. Add the tomatoes, cover closely, and simmer for 2 hours or until the meat is perfectly tender. For each cupful of water added to goulash, stir in 1 tablespoon of flour mixed smoothly with $1\frac{1}{2}$ tablespoons cold water. Stir gently with a fork until it boils. Let it simmer 15 minutes longer. Serves 10 to 12.

20. Shepherd's Pie

8 cups cooked beef, lamb or mutton cut in 1 inch pieces (about 3#)	3 cups seasoned mashed potatoes
4 cups cooked sliced carrots	2 eggs, beaten
2 cups cooked small or sliced onions	5 cups plain gravy

Arrange the meat, carrots and onions in a baking pan. Pour over the gravy, then top with the mashed potatoes to which the egg has been added. Bake in a hot oven for 45 minutes. Serves 10. This is an excellent recipe to follow when you have left-over meats and vegetables.

21. Beef & Macaroni Fricassee

1½ pounds macaroni	2 pounds beef, chuck of shoulder
8 tablespoons fat	2 tablespoons flour
2 cups onions	5 cups boiling water
2 cups turnips	1½ tablespoons salt
2 cups carrots	½ cup parsley
2 cups celery	

Cook macaroni in boiling salted water until tender. Drain. Place fat in frying pan and when hot, but not smoking, add diced vegetables and cook gently 10 minutes. Dredge diced meat with flour; add to vegetables and cook 5 minutes longer. Add water and simmer gently 1 hour. Add drained macaroni with salt and cook 10 minutes longer. Turn onto hot serving platter and sprinkle with finely chopped parsley. Serves 10.

22. Sausage with rice

4 tablespoons fat	2 cups water
3 cups onion, peeled & sliced	2 cups diced celery
2½ cups uncooked rice	1½ pounds sausage meat
½ #10 can tomatoes or 2 #3 cans	2 teaspoons salt

Melt the fat in a skillet, add the onion and rice, and cook until they are golden brown. Add the remaining ingredients, and bring to the boiling point. Cover, and let simmer for 30 minutes. Then turn the heat very low for 15 minutes longer. Serves 10.

23. Veal Goulash

3 pounds veal from leg, sliced	½ cup fat
2 teaspoons salt	3 cups sliced peeled onions
¼ teaspoon pepper	1 cup chile sauce
¼ cup flour	1 cup grated American cheese
3 cups boiling water	1¼ pounds macaroni

Cut the veal in inch square pieces and sprinkle with salt, pepper and flour. Melt the fat in a covered skillet, add the veal and onions and brown. Then add the chili sauce, water and cheese. Cover and simmer for 30 minutes or until tender. Meanwhile cook the macaroni in boiling salted water until tender. Serve with the Veal Goulash. Serves 10.

24. Baked Potatoes

For baking, select potatoes which are smooth and free from rotten spots or deep eyes and are not too large. Scrub potatoes well. Bake in a very hot oven for 45 to 60 minutes or until done. Remove at once, and prick with a fork to let steam out. Then cut a $1\frac{1}{2}$ inch cross in the center top of each potato, and while holding the potato with a clean towel, press the potato towards center until it bursts through opening. Place a piece of butter on top, and serve. Allow one to two potatoes per person, according to size. Prepare sweet potatoes in the same manner as white potatoes, allowing only 35 to 45 minutes for cooking.

25. Boiled Potatoes

Select potatoes of a uniform size. If this is not possible cut larger ones so they will be approximate size of smaller ones. Peel and wash. Drop in enough boiling water to cover. Cook until tender. Just before they are thoroughly cooked, add salt to taste. Drain water from potatoes as soon as they are cooked to prevent them from becoming soggy. Do not throw this water away, as it contains much food value. Use it in gravies, soups, stews, et cetera. Shake the drained potatoes gently in a pan over low heat, so they become dry, mealy and flaky. Serve at once.

26. Mashed Potatoes

To mash potatoes, use the plain boiled potatoes explained above. Mash them well with potato masher or spoon, being sure to reduce all the potatoes to a smooth mass without lumps. Now add salt if needed, and pepper, and about 1 teaspoon butter for each potato. Then add hot milk, never use cold, about 1 teaspoon for each potato or enough to make potatoes fluffy, yet not too soft. Beat vigorously with the masher until snowy white, fluffy and creamy.

27. Fried Potatoes

For fried potatoes, use cold boiled potatoes. Slice, and saute in hot fat in a skillet until golden brown, stirring frequently. For less waste, boil the potatoes with the jackets on, after washing them well. When cold peel and slice.

28. Browned Potatoes

These are to be cooked with roast beef or lamb. Select two small potatoes per camper, or if larger, split to about that size. Peel and wash. Place around the roast in the same pan about 40 to 50 minutes before time for the roast to be done.

29. Canned Vegetables

In using canned vegetables the liquid should not be discarded for it contains mineral salts, as well as flavor that have dissolved out of the vegetables. Use this liquid in soups, gravies or sauces. Or, in heating a vegetable for serving, turn the contents of the can, vegetable and liquid into a shallow skillet and boil uncovered until the liquid has nearly cooked away. Season and serve with the remaining liquid. Many have the mistaken idea that it is not safe to allow canned foods to stand in an open can. This is not so. Canned foods may be safely kept in opened tin cans if so desired. They will spoil no faster and no slower in the open can than if emptied into any other container. However, keep in refrigerator.

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30. Fresh Vegetables

Corn ... Husk, silk and wash corn and drop in enough boiling salted water to cover. Let boil for 10 to 12 minutes.

String beans - Green or Wax ... Wash beans, remove stem and blossom ends and be sure to remove all strings. Cut crosswise in 1 inch lengths. Cook in enough boiling salted water to cover until tender - about 30 to 40 minutes. The flavor is much improved if you add a little fried onion or bacon or both.

Peas... Shell peas, wash and cook in boiling salted water until tender 20 to 25 minutes. Serve with melted butter or cream sauce.

Cabbage... Select firm white heads. Remove tough outer leaves. Shred, removing the core. Cook in boiling salted water for 15 to 20 minutes, or until tender. Serve with melted butter or cream sauce.

Carrots... Scrape and wash carrots. These may be sliced or left whole. Cook in boiling salted water for 20 to 30 minutes or until tender.

Onions... For cooking whole onions, select small ones. Peel off the outer tough layer, wash and cook in boiling salted water 30 to 35 minutes or until tender. Serve with melted butter or cream sauce.

Spinach... Wash thoroughly, removing roots and tough stems. Cook slowly in the water which clings to the leaves, salting lightly, for 10 to 15 minutes. Serve with butter, a little bacon fried or chopped hard-cooked egg.

Never throw away the excess water that may be drained from cooked vegetables. Use it for gravy, soup, or sauces. It is very rich in minerals and vitamins.

31. Boiled Salad Dressing

1 teaspoon dry mustard
1 teaspoon salt
1 egg

1 cup salad oil
 $\frac{1}{2}$ cup vinegar
 $\frac{1}{4}$ teaspoon cayenne pepper

Mix mustard, salt and cayenne until well blended. Add to beaten egg. Then add a few drops of vinegar and mix well. Add oil gradually, beating with egg beater or a spoon until quite stiff. Stir in balance of vinegar and heat until all the ingredients are blended (not over 5 min.) Makes one pint.

32. French Dressing

1 tablespoon salt
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{2}$ cup vinegar

$1\frac{1}{2}$ cups salad oil
Flavoring of onion juice

Shake well in a bottle. Make one pint.

33. Lettuce & Tomato Salad

Cut well washed head lettuce in small pieces and place in serving dish. Slice well washed ripe tomatoes on top. Add a little prepared mayonnaise, french dressing or boiled salad dressing, and serve.

34. German Potato Salad

Boil 12 medium sized potatoes with the jackets on. While these are cooking prepare the dressing. This is made by cutting sliced bacon in small pieces and frying slowly until given crisp, $\frac{1}{2}$ pound. Chop well washed parsley fine to measure 1 cup. Clean, wash and dice 1 to 2 bunches of green onions, and chop 1 small can pimento. When bacon is fried add 1 cup of vinegar and $\frac{1}{2}$ cup of sugar to bacon and bacon

fat and heat thoroughly. When potatoes are tender, peel and slice hot. Add the chopped pimento, green onion and parsley. Pour over the vinegar and bacon mixture and stir lightly. Serve hot. This serves 10.

35. Cabbage & Apple Salad

Pare, core and chop apples. Wash and shred cabbage. Combine equal parts of chopped apples and shredded cabbage with prepared mayonnaise or boiled salad dressings.

36. Apple, kidney bean & Cabbage Salad

Prepare same as #35 above, except adding an equal amount of canned, drained kidney beans.

37. Potato Salad

6 cups diced cooked potatoes (cold)	$1\frac{1}{2}$ cups diced celery
6 hard boiled eggs, cut fine	$\frac{1}{2}$ cup sliced green onions
Salt and pepper to taste	Mayonnaise

Combine all ingredients, with just enough mayonnaise to hold it together. Serves 10.

38. Potato & Carrot Salad

4 cups diced cooked potatoes (cold)	2 tablespoons finely minced onion
2 cups shredded cabbage	2 cups cooked salad dressing
$\frac{1}{2}$ cup diced pared cucumber	Salt
1 cup grated scraped raw carrot	Lettuce

Combine all ingredients lightly with salad dressing, and serve on lettuce leaves. Serves 10.

39. Hamburger Balls

$1\frac{1}{2}$ pounds round steak ground	2 cups peeled sliced onions
$\frac{3}{4}$ lb. lean pork shoulder, ground	2 eggs, slightly beaten
$\frac{1}{2}$ of 1 lb. loaf dry white bread soaked	Salt & Pepper

Have the butcher grind the steak and shoulder together. Hamburger may be substituted for the round steak if you can be sure of its purity and freshness. Soak the dry bread in water for a short while, squeezing as much water as possible out before using it. Combine all ingredients and work together well. Form in balls or flat cakes and fry in a skillet with a little hot fat until thoroughly cooked. Serves 10.

40. Meat Loaf

Same as Hamburger Balls except shape your combined ingredients into a loaf. Place in a loaf pan and bake in a moderate oven for about 1 hour, or until thoroughly cooked.

41. Pot Roast with Vegetables

$3\frac{1}{2}$ pounds chuck or bottom round beef	1 quart boiling water
2 tablespoons melted fat	4 large peeled onions
4 tablespoons flour	3 seeded green peppers
4 teaspoons salt	8 fresh or 4 cups canned tomatoes
$\frac{1}{2}$ teaspoon pepper	12 medium carrots
	10 medium potatoes
	2 cups diced celery

Sear the meat on all sides in the melted fat in a skillet. Then place in a large covered kettle. Pour off all but 4 tablespoons of the fat left in the skillet, then add the flour, salt and pepper and stir until smooth. Add the water gradually, stirring constantly. Quarter the onions, cut the green peppers into strips, halve the stemmed tomatoes and pare the carrots and potatoes. Arrange with the diced celery around the meat, pour the thickened liquid over all, cover closely and bake in a moderate oven for $2\frac{1}{2}$ hours or until done, replenishing the boiling water if necessary. Or simmer on top of the stove for $3\frac{1}{2}$ to 4 hours. Serves 10.

42. Baked Ham

1 10 - 12 pound ham
1 tablespoon whole cloves
1 stick cinnamon
 $1\frac{1}{2}$ cups vinegar

1 cup granulated sugar
1 cup brown sugar
3 teaspoons dry mustard
 $\frac{3}{4}$ cup cold water

Carefully wash the ham and plunge into a big kettle of boiling water -- the ham must be completely under. Then toss in the whole cloves, cinnamon, 1 cup of the vinegar and the granulated sugar. Simmer gently for $3\frac{1}{4}$ hours or until tender. When done, remove from the heat, and let the ham remain in the hot liquid for at least 4 hours. Next remove it from the water, trim off the top skin and pat in a mixture made by blending the brown sugar and dry mustard. Whole cloves may be inserted all over the surface next, if desired. Put the ham in a baking pan, add the remaining $\frac{1}{2}$ cup vinegar, and the water, and bake in a moderate oven for 1 hour. Don't baste until the ham is brown. This is delicious served cold also.

43. Boiled Ham

Prepare same as above, but do not bake in oven. Serve hot or cold.

44. Lamburger

Have the butcher grind lean shoulder of lamb as for hamburger. Have him form patties for you (4 to the pound) or form into flat cakes yourself. Salt and Pepper them. Fry slowly in a frying pan with a little hot fat until thoroughly cooked. This will be a welcome variation from hamburger balls.

45. Lamb Stew

3 pounds lamb shoulder
6 tablespoons hot fat
2 quarts boiling water
2 tablespoons vinegar
1 teaspoon salt

1 teaspoon sugar
3 cups small whole peeled onions
3 cups cubed pared carrots
3 cups cubed pared potatoes
 $\frac{1}{2}$ cup flour

Cut the meat, which has been freed of all fat and gristle into cubes about the size of a walnut, flour it and brown lightly in the hot fat in a covered kettle. After sauteing 10 minutes, add the boiling water and the vinegar. Simmer $1\frac{1}{2}$ hours. Then add the salt and sugar and continue simmering. Now start cooking the onions in boiling salted water to cover. Ten minutes later start cooking the carrots and the potatoes in separate saucepans with boiling salted water to cover. When the vegetables are tender, add them (without the cooking water which should be reserved) to the meat. Then combine the cooking water from the three vegetables and cool slightly. Now mix the flour to a smooth paste with $\frac{3}{4}$ cup of the combined vegetable liquid. Then

add the rest of the combined vegetable liquid - about 4 cups. Pour this into the meat and stir until the gravy is thickened and smooth. If too thick, add a little water or vegetable liquid. If too thin, add more flour mixed to a smooth cream. Finally taste the stew and add salt and popper as you see fit. Serves 10.

46. Chipped Beef

$\frac{1}{2}$ pound dried beef
3 tablespoons fat

3 tablespoons flour
2 cups milk

Pick the beef into pieces. Melt fat in frying pan, and cook beef in it a few minutes. Sprinkle with flour, stir well, add milk and stir until it boils. Boil one minute. Serves 10.

A welcome addition to this dish, is the addition of 6 chopped hard boiled eggs.

47. Frankfurters

If the canned Decker Frankfurters are used, bring sufficient water to a boiling point to cover the number of frankfurters desired. Remove from the fire and allow the frankfurters to remain in the hot water for about 10 minutes.

If they are bought loose from the butcher, they must be cooked. In this case add frankfurters to the boiling water and allow to simmer until one or two split open.

48. Sausages & Onions

If small link sausages are used, allow four per camper. Place them in a hot frying pan without grease, frying and turning until a nice brown. When about half done, cut up half a peeled onion per boy and smother the sausages with them. It helps to put a lid over the pan when they are about done and pour in a little water.

49. Salmon Croquettes

2 finely chopped onions
 $\frac{1}{4}$ cup flour
2 tall size cans salmon

Bread or cracker crumbs
3 eggs, slightly beaten
Salt and pepper to taste.

Flake salmon and remove all bones. Combine all ingredients and mold into little balls or flat cakes. Fry in very hot, deep fat until a golden brown.

50. Fried Fish

Lake trout is almost always available and is one of the most tasty kinds of fish. White fish is also good. Purchase the cleaned boned fish. Cut in 2 inch slices. Roll in cornmeal (or flour if cornmeal is not at hand). Salt and fry quickly in a skillet which is $\frac{1}{4}$ full of very hot fat. Fish is very easily fried if you bear in mind that it only takes a very few minutes to cook it thoroughly. Resist the temptation to overcook it. Serve with a little melted butter and a little lemon juice if it is available.

51. Roast Meats

Rolls or rib roasts of beef, loin or shoulder of veal or pork, and leg, loin or shoulder of lamb are a few of the meat cuts which can be roasted. In buying any one of these cuts have the butcher give

you the exact weight of the meat after it has been prepared ready for roasting, in case you cannot weigh it yourself. Then figure out the required roasting time from the following chart. Heat the oven quite hot. Arrange the roast in an uncovered roasting pan, without any water, and sear. Then decrease the heat and roast for the required length of time. Salt, pepper and flour may be sprinkled over the meat before roasting, if desired. When done remove from the roasting pan and prepare the gravy.

52. Roasting Chart

<u>Kind of Meat</u>	<u>Hot oven-500° to 525°</u>	<u>Moderate oven-350° to 400°</u>
Rolled Beef	15 minutes	30 minutes per pound
Standing Rib Roast	15 minutes	25 minutes per pound
Lamb, Leg or Loin	15 minutes	20 - 25 min. per lb.
Pork, Loin or Shoulder	15 minutes	30 minutes per pound
Veal, Leg, Loin or Shoulder	15 minutes	25 minutes per pound

53. Plain Gravy

As soon as your roast is done, remove from the roasting pan and put on a hot platter. Then pour off all the excess fat in the bottom of the roaster, leaving 2 tablespoons of fat for every cupful of gravy you want to make. Leave the delicious juices and brown extracts in the bottom of the pan too, for they give flavor and color to your gravy. Now place the roasting pan over a low heat and add just as much flour as you have of fat, stirring all the while. Cook this flour paste until it is a lovely golden brown. Then add cold water-- 1 cupful for every 2 tablespoons of fat in the pan -- and stir constantly until the gravy is smooth and thickened. Now season it with salt and pepper to taste. Serve.

54. Coffee

Use one heaping teaspoonful of coffee and one cup of water for each cup of coffee desired. Allow to boil briskly, then set on back of stove to simmer for 5 or 6 minutes. Just before serving add a little cold water to settle coffee grounds.

55. Tea

Place a cup of water for each camper in a pan and bring to a churning boil and set to one side. Place in a bag, a teaspoon of tea for each cup of water. Tie this with a string long enough to reach the bottom of the pan. Drop into the hot water and stir it around. Care should be taken not to get it too strong when serving it. Many consider a lemon color, sufficient strength. When desired strength is obtained, remove the bag of tea leaves.

56. Cocoa

Scald $7\frac{1}{2}$ cups of milk. While this is heating, form 10 teaspoons of cocoa, 15 teaspoons of sugar and $\frac{1}{4}$ teaspoon of salt into a smooth paste with $2\frac{1}{4}$ cups boiling water. When milk is scalded, add this paste and stir vigorously. Serve immediately. This makes 10 cups.

57. Cooking Dried Fruits

When cooking dried fruits, it is best to wash them well, and then soak them in cold water sufficiently to cover for several hours before cooking them. This lessens the cooking time and gives a more tender fruit. Try combining two or more dried fruits for variation. Add sugar to each according to taste.

58. Rice Pudding

3 eggs, beaten light
3 cups milk
 $\frac{1}{4}$ teaspoon salt

$1\frac{1}{2}$ cups sugar
3 cups cooked rice
Raisins - amount desired

Beat eggs and add the milk. Mix other ingredients with this. Pour in baking pan and bake in moderate oven for 30 to 40 minutes, or until a table knife inserted in the center will come out clean. Serves 10.

59. Bread pudding

2 quarts milk
2 cups dry bread crumbs
1 cup sugar
 $\frac{1}{2}$ teaspoons salt

4 tablespoons butter
2 cups seedless raisins
2 teaspoons vanilla
6 eggs

Mix the bread crumbs, sugar and butter. Bring milk to the boiling point and pour over above mixture. Pour this mixture into the beaten eggs, mix all thoroughly including raisins and vanilla and place in a greased pan; bake 45 minutes or until pudding is firm in the center. When pudding is partially set, stir well so the raisins will be all through the pudding. Serves 10.

60. Fruit Betty

12 cups sliced, pared, cored
apples or peaches
4 cups $\frac{1}{2}$ inch bread cubes
1 cup granulated sugar

2 teaspoons cinnamon
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup lemon juice
 $\frac{1}{2}$ cup butter

Arrange all the ingredients in alternate layers in a greased baking pan, having a layer of the bread cubes on top. Cover and bake in a moderate oven for 1 hour. Then uncover and bake 15 minutes longer or until the fruit is tender. Serves 10.

61. Tapioca Custard

Use Minute Tapioca and follow the recipe given on the box.

62. Prepared Puddings

Chocolate and Butterscotch are the most popular. Recipes for preparing these are given on the containers in which they are packed.

